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MORTGAGED WITH CHILDREN

CODE RED HOUSING CRISIS Prices just half the battle for B.C. families **metroNEWS**

JENNIFER GAUTHIER/METRO

ONLINE
SILENCED BY TROLLS
 POLL: 60% OF CANADIANS SELF-CENSORING BECAUSE OF CYBERBULLYING
metroNEWS

EMBRACE THE NASTY
 Trump's insults only empower Clinton — and women everywhere
metroNEWS metroLIFE

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'Trolls' loom large in online discourse

COMMUNICATION

Many Canadians self-censor on Internet to avoid criticism: Survey



David P. Ball
Metro | Vancouver

A disturbing one-third of Canadians who use social media have been harassed or bullied online, according to a new poll — and for a quarter of them, the effects are being downloaded into their "real lives."

With just 11 per cent of the

country not yet on Facebook, Twitter or other networks, an increasing number of people are finding themselves essentially silenced by the trolls, the Angus Reid Institute study found.

"It certainly mutes voices that might otherwise be heard," explained the non-profit polling organization's executive director, Shachi Kurl, in a phone interview. "Six in 10 people on social media say they're not going to share things, deleting a tweet, removing a picture, or deciding to not post something because they want to avoid unwelcome responses."

"They're self-censoring because they're worried about what the backlash could be,

particularly from trolls."

This year, Ghostbusters star Leslie Jones was forced to leave Twitter after being hounded by thousands of trolls online waging a relentless online attack on the Black actor.

In Canada, elected Saskatchewan politician Ben Kautz apologized and resigned after he made a Facebook comment about the shooting of a young First Nations man in front of his three friends by a white farmer, saying, "His only mistake was leaving three witnesses."

The results of the survey of

Canadians were even worse among LGBTQ social media users — 58 per cent of whom reported being harassed on the platforms — 38 per cent of visible minorities, and nearly half of users age 18 to 34.

"Only 10 to 11 per cent of Canadians say they're not using social media at all," said Kurl, but emphasized that it's a myth that online bullying can be simply ignored by logging off.

"Of those who say they've been harassed on social media in some way, about one-in-four say it's actually followed them

into their real lives," she said, "and it's a little higher for women than for men."

"There can be a sense of minimizing it, 'It's just on social media, it's not real' ... the notion that it's just a screen, not a person. But there's a real-life impact to this."

Among women on social media, the poll found 28 per cent said "their experiences with harassment on social have had an impact on their real lives," nine points more than for men.

The ways online harassment is impacting people offline include changing real-world habits after receiving threats (57 per cent), one-third who found it affected their relation-

ships with family or friends, and nearly as many who "received unwelcome phone calls/messages/texts" (31 per cent).

More than one in 10 victims of online harassment said they were followed or stalked "in person," while eight per cent said they had to change their place of work or school afterwards.

Kurl said that Canadians appear to be not taking the abuse quietly, however; the majority called for social media companies to do more in combatting bullying on their platforms.

The Angus Reid Institute poll surveyed 1,530 Canadians online, and had a margin of error equivalent to 2.5 per cent, 19 times out of 20.



It certainly mutes voices that might otherwise be heard.

Shachi Kurl

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The Bonds' family portraits are adorned on the fridge of their Mission home. CONTRIBUTED/JULIE BOND

Housing prices half

**CODE RED
HOUSING CRISIS**
Making ends
meet not
easy for B.C.
families



Making ends meet in Vancouver's notorious housing market is tough enough. Try doing it while raising three young children.

As the region's housing crunch continues, residents and experts are increasingly looking to other solutions to ease the financial burdens putting housing out of reach for families.

Rising child care and transportation costs amount to unavoidable second, third and sometimes fourth mortgage payments as parents are forced to travel further and work longer to make ends meet in a climate where home prices have skyrocketed but incomes have been stagnant.

It's a reality, one unique to this generation, that Mission, B.C. substitute teacher Julie Bond has come to know too well.

The 37-year-old and her hus-

band Noel, a train conductor for CP Rail, left their Port Coquitlam home two years ago in search of affordable housing for their growing family.

Unable to find anything in their price range in Port Coquitlam, Pitt Meadows or Maple Ridge, the Bonds bought a three-bedroom home in Mission for \$320,000. While they've been able to keep their housing costs in check, the move has meant a longer commute for Noel, 41, and forced Julie to give up her position in Coquitlam and take a substitute teacher job in Agassiz and Hope (which she hopes will make for a shorter commute) once her maternity leave is up in February.

Currently at home with daughters Jaya, 4, Aliyah, 7 months, and son Zackary, 2, Bond is struggling to come up with a balance that would allow her to work and still afford the child care to do so.

All-day care for Aliyah and Zackary and before- and after-school care for Jaya will run upwards of \$110 a day.

Going back to work means additional income for the family, but doing that full-time would also cost more than \$3,080 a month — almost twice the family's housing costs — in child care.

She's considering working just two or three days a week to cut

+ BOND FAMILY BUDGET

Raising a family in Metro Vancouver's housing market
+\$5,600: Bond family's monthly income after tax
-\$1,800: Mortgage and strata fees on \$320,000 Mission, B.C., home
-\$1,320: Estimated child care

expenses for three children
-\$1,400: Owning and operating two vehicles to commute to work
-Based on estimates if Julie Bond returned to work part-time and needed child care for three days a week.

down on child care costs or hire a nanny instead. But that also doesn't take into account the two hours of extra commuting and \$1,400 a month it will take the family to operate two vehicles to make their busy lives work.

Even then, Bond considers herself lucky for getting into the housing market when she did.

"Now the houses in Mission are probably closer to \$500,000 so if we waited for two years, I seriously don't know if we would have been able to buy now," she told Metro. "Even in Mission, which is on the outskirts of Vancouver, people cannot afford to live here. If you have a family that wants to rent a basement suite, that's like \$1,200. I feel like it's not fair and people really don't understand unless you sit there and show them the numbers."

Because of the region's housing prices, Bond isn't sure how other families like hers can pro-

vide for their children the way previous generations have.

"It's just not realistic anymore," she said. "Housing prices are not reflected in people's incomes. It's not like incomes have gone up 50 per cent, it's not like people are suddenly making more money but housing has incredibly gone up. If you don't have extended family who are going to babysit your kids for free, even if you have a professional job, you're not going to make that much money. It's almost more beneficial to have the free babysitting that two or three university degrees."

That's why Paul Kershaw, a professor at the University of British Columbia's School of Population Health and founder of Generation Squeeze, says society need to revamp more than just housing policies in the generational inequality think-tank's Code Red housing report.



Housing prices in Vancouver have never been higher.

JENNIFER GAUTHIER/METRO FILE

the battle

"At most, we're talking about housing policies that will contain the growth of housing prices in the future. There may be some minor stalling of housing prices, some minor corrections, but nothing is going to bring housing to within reach of where it was a generation ago," Kershaw said. "That's why we need to have this broader understanding of how to solve this unaffordability problem that housing triggers, but housing policy alone cannot solve."

Within a few short decades, Kershaw said the average age Canadian women first giving birth has gone from their early 20s to their 30s today.

B.C. has the highest average



Meet the young people pushing back against housing inequality

To follow the series as it evolves, visit metronews.ca/codered

age of first births, he said.

"Why is that the case? It's where earnings have gone down the furthest and the cost of housing has gone up the most. It's more challenging in our province than anywhere else to establish one's financial foundation and young adults are adopting to that in rational ways ... like not starting families when they feel financially insecure."

If housing prices don't drop, Kershaw argues that parental leaves should be extended, child care needs to be subsidized and public transportation boosted to help families either afford homes where they work or have fast, cheap ways to get there.

He supports a \$10-a-day child care plan in B.C.

"We're letting other things like child care and parental leave add up to these second and third mortgage-sized payments," he said.

WHAT DO YOU THINK?

Read more at gensqueeze.ca and let us know what you think at Vancouver@metronews.ca; commenting on this article on Facebook ([facebook.com/vancouver-metro](https://www.facebook.com/vancouver-metro)), or tweet us with the hashtag: #CodeRed. You can also text JOIN to 604-337-0945 to get involved with the Code Red campaign.

talk about **fresh solutions**

Greek Yogurt Banana Pecan Bread



Prep Time: 10 minutes | Cook Time: 40 minutes | Makes 1 Loaf

Ingredients

- 1 1/2 cups (375 mL) all-purpose flour
- 1 1/2 tsp (8 mL) baking soda
- 1/2 tsp (3 mL) sea salt
- 2 large eggs, lightly beaten
- 2 medium, ripe bananas, mashed
- 1/2 cup (125 mL) Danone Oikos plain Greek yogurt
- 1/4 cup (60 mL) maple syrup
- 1/4 cup (60 mL) brown sugar
- 1/2 cup (125 mL) pecan halves, chopped

Directions

1. Preheat your oven to 350°F (180°C), and lightly grease a 9 x 5 loaf pan.
2. In a large bowl, combine flour, baking soda, and salt. Stir until well combined and set aside.
3. Lightly beat eggs in a medium sized mixing bowl. Add mashed bananas, Greek yogurt, maple syrup, and brown sugar. Stir until well combined.
4. Pour wet ingredients into dry ingredients and stir gently. Stir in chopped pecans. Do not over mix.
5. Pour batter into loaf pan, spreading it out evenly, and bake for 35-40 minutes, or until a toothpick inserted into the middle comes out clean.
6. Remove from oven and let cool for about 10 minutes before transferring to a cooling rack.

Tip: Add 1/2 cup of chocolate chips to this recipe for a little sweet treat.

save on foods

Landlords, not inquisitors

PRIVACY

Renters urged to report any demands for excessive info

Jen St. Denis
Metro | Vancouver

B.C.'s Office of the Information and Privacy Commissioner (OIPC) handles about one call a day from prospective tenants concerned about landlords collecting sensitive personal information as they apply for apartments.

"We're aware that in this tight rental market, it's affecting more and more people," said Bradley Weldon, senior policy analyst for the OIPC.

Earlier this week, Metro reported on the concerns of several Metro Vancouver renters who had experienced potential landlords asking for or collecting bank statements, social insurance numbers, driver's licences and dates of birth — all highly sensitive personal information that the OIPC says landlords should



Nic Pratt, a renter in Vancouver, stands outside of his basement suite. During a recent search for an apartment he encountered many landlords who asked for too much personal information. JEN ST. DENIS/METRO

not be collecting.

The stories struck a chord with Vancouver resident Nic Pratt.

"When we moved in we sat down, we were negotiating our lease, and he was like, 'Can I see your driver's licence?' which I

knew he was allowed to do," Pratt recalled. "And then he just grabbed them and started photocopying them."

Landlords are encouraged to verify tenants' identities before signing a tenancy agreement, so

it's fine for a landlord to check a driver's licence — but according to OIPC guidelines, landlords shouldn't be writing down the number or making a photocopy.

In a more recent search for a new apartment, Pratt and his

partner encountered numerous landlords — including property managers representing large companies — who would ask for credit-card numbers and social-insurance numbers on application forms.

Collecting any of that information is in contravention of B.C.'s Personal Information Protection Act, Weldon said. He'd like anyone who encounters this kind of information collection during a rental search to make a complaint to the OIPC.

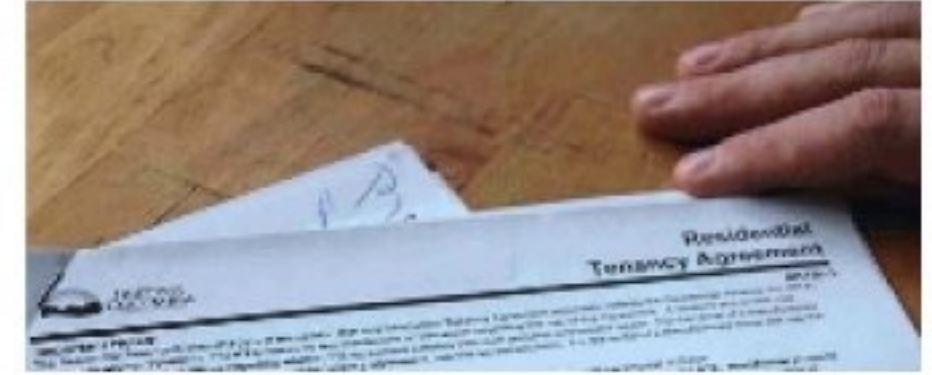
Taking a photo of the application with your phone, or making a photocopy, would be helpful but isn't necessary to start the process, he said.

"They don't have to have collected your information to be in contravention of the act," Wel-

don said. "There's no way that collecting that information, even with consent, is authorized."

As a first step, the OIPC does ask complainants to make their concern known to the landlord — something Weldon acknowledges might be difficult for tenants to do with Metro Vancouver's extremely low vacancy.

David Hutniak, CEO of Landlord BC, would like both tenants and landlords to be better informed of their rights and responsibilities. The industry group will be launching a new program in November: for a fee, landlords will be able to be listed on a public landlord registry, provided they have completed a Landlord 101 course and shown they have a good knowledge of the Residential Tenancy Act.



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VANCOUVERING



with icons by Danielle Vallée from the noun project

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No tanks: Weightlessness is inspiring free divers



Amy Logan
For Metro | Vancouver

Vancouverites are training to dive sans SCUBA

Just outside Vancouver, a group of neoprene-clad free divers prepares to slip beneath the frigid waters off Whytecliff Park. Unencumbered by breathing apparatus, they'll float through a colourful world of sea stars, kelp, cloud sponges, and giant barnacles. A form of underwater diving in which divers hold their breath until coming back to the surface, free diving inspires the adventurous.

With access to world-class training, a growing number of Vancouverites are drawn to the technique. Free divers push past physical limitations. There is a sense that the human body is capable of more than people realize.

Some do it for fun, others for competition, but no matter the discipline, proper safety and training are key. As free diving enthusiast Rick Waines pointed out, free divers take safety especially seriously. As someone who suffers from a bleeding disorder and related mobility issues, "safety and the need to take precautions are always on



A sea urchin is photographed underwater by free diver Rick Waines near Vancouver. Free diving is popular at places like Whytecliff Park and Porteau Cove. CONTRIBUTED

my mind," he said.

Vancouver offers a wealth of free-diving resources. Oceanoid provides free-dive training and hosts courses in free diving, open water swimming, and pool training. Vancouver Apneist Club is a group of residents who host free diving competitions, encourage safe training together, and offer support and mentorship.

Performance Freediving International, founded by Kirk Krack, teaches recreational programs and operates as a training agency with instructors worldwide. The PFI education system is used by Red Bull and the U.S. Navy. Krack is also the go-to free-diving trainer for Hollywood stars, most recently working with Suicide Squad actress Margot Robbie.

According to Waines, "Vancouver has an amazing free diving community, a collection of people sharing information, and diving together."

Waines' own path to free diving has been circuitous. As a child, he loved the "extraordinary Jacques Cousteau documentaries of the late 1970s and early 1980s," and decided he had to try scuba diving. But his doctor, worried about Waines' bleeding disorder, said no, so he "left his dream behind." Eventually, however, the ocean pulled him back: He started learning scuba diving.

After reading Carlos Eyles' books on his free diving experiences, Waines traveled to Hawaii for an immersive course with him. He was hooked. Living on



Vancouver has an amazing free diving community

Rick Waines

Lasqueti Island at the time, however, Waines was diving alone in extremely cold water, and realized it was unsafe.

Returning to free diving five or six years ago with a vengeance, he decided to pursue further training in safety and technique. Now he free dives whenever gets the chance. For Waines, "looking through a universe of blue and experiencing weightlessness" is endlessly inspiring.



FOOD NOTES Pokérrito is poké with a twist

Abby Wiseman
For Metro | Vancouver

One downtown eatery's spin on a Hawaiian favourite

It's places like Pokérrito that remind me why I love living and eating in Vancouver. It embodies the kind of principles of food that many Vancouverites share: fresh, tasty and healthy.

I'm new to poké, which is traditionally a Hawaiian raw fish salad that is common fare on the islands. Pokérrito (558 Dunsmuir St.) owner Jung Moon (formerly a sushi chef) took a spin on the classic by serving up the salad burrito-style in a seaweed wrap.

You can create your own meal by choosing from the plethora of proteins — including crab, octopus and scallops — and vegetables or choose from the menu with names like Waikiki, Diamond Head or Hanauma. There is a regular (\$10.50) and large (\$12.95) size.

I ordered the North Shore in

a seaweed wrap (burrito-style) and the Waikiki in a bowl. I came just before the rush. Staff whisked me through, creating colourful dishes with precision.

The Waikiki is an octopus and scallop based poké with a combination of sweet flavours like corn and sweet onion, and savory flavours like radish sprouts and crispy onion, pulled together with Waba sauce, which has a hint of wasabi. The dish is bright and hearty, with a nice layer of brown rice at the bottom. The North Shore looks like a giant sushi roll, which once again makes my eyes happy. The combination of

seared tuna with pineapple, tomato, radish sprout and umami sauce is super clean in flavour. I almost wanted a little bit of the spice of the Waba sauce to kick it up a notch, but without the spice the pineapple really came through.

As for eating the North Shore burrito-style, I expected the seaweed wrap to fall apart or be a little tough, but the contents stayed largely intact.

By noon the line was out the door. Pokérrito is the perfect place to grab a fresh, high-energy meal to get you through the rest of the work day feeling good. Hawaiian vacation good.

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Vancouver **metro** NEWS

I'm an educator, not a politician: Trustee

VANCOUVER SCHOOL BOARD

Dianne Turner
says things will be different under her care



Wanyee Li
Metro | Vancouver

The Vancouver School Board's newly appointed official trustee says she wants parents to understand that while she is not an elected politician, she does not act for the B.C. government either.

Dianne Turner spoke to reporters Thursday for the first time since Education Minister Mike Bernier replaced Vancouver's nine elected trustees with the former Delta School Board superintendent.

"I am not a politician. I am, and always have been, an educator," said Turner, who lives in Vancouver.

She also confirmed there will be no school closure this year.

"I told the minister I was not interested in entertaining a school closure process at this time."

Although she has had discussions with Bernier, her own priorities are to create a stable environment for staff and to speed up the seismic upgrade



I told the minister I was not interested in entertaining a school closure process at this time.

Dianne Turner



Dianne Turner, official trustee for the Vancouver School Board, speaks to reporters on Oct. 20 for the first time since she was appointed to the position. WANYEE LI/METRO

process, she said.

At least one of the six senior staff members who went on medical leave will return next week, according to Turner. The rest may be back as early as November.

"Based on preliminary conversations... I am hopeful that most of the senior staff will be back by mid-November," she said.

As for her own tenure, Turner says, she is committed to staying in the job for at least a year.

Things will be different while she is in office, includ-

ing the way in which the board communicates with labour groups and the public, she said. But she wouldn't specify what those changes would be.

Board meetings will continue to be open to the public and include question periods in which parents can speak with her. Her first public board meeting will take place Nov. 7.

The B.C. government fired the former Vancouver School Board trustees Oct. 17.

The North Okanagan Schuswap school district is the only other jurisdiction in B.C. with an appointed official trustee.



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DEMO, NAV, MOONROOF, 2.0L TURBO, LEATHER, REMOTE KEYLESS, REMOTE START, REAR BACK UP CAMERA, LEATHER SEATING, HEATED SEATS, XM RADIO, POWER LIFTGATE, 6EV7678

MSRP \$50,195
DUECK DISCOUNT \$2,733
GM VISA BONUS \$750

DUECK PRICE \$46,712



\$292 Bi-Weekly 0% Over 84 Months

NEW 2017 CHEVROLET VOLT PREMIER EDITION

LEATHER, NAV, HEATED FRONT AND REAR SEATS, LEATHER WRAPPED STEERING WHEEL, XM RADIO, BOSE PREMIUM SOUND SYSTEM, HEATED STEERING WHEEL, REAR BACK UP CAMERA, FRONT PARK ASSIST, FORWARD COLLISION ALERT, 17" SPLIT 5 SPOKE ALUMINUM WHEEL PKG., 7V05525

MSRP \$47,905
GOVERNMENT REBATE \$5,000
GM VISA BONUS \$500

DUECK PRICE \$42,405



\$290 Bi-Weekly 2.49% Over 84 Months

NEW 2017 CHEVROLET VOLT LT EDITION

CLOTH SEATS, 8" TOUCH SCREEN, HEATED FRONT SEATS, LEATHER WRAPPED STEERING WHEEL, XM RADIO, HEATED STEERING WHEEL, REAR BACK UP CAMERA, PREMIUM 6 SPEAKER SOUND SYSTEM, 7V07065

MSRP \$40,090
GOVERNMENT REBATE \$5,000
GM VISA BONUS \$500

DUECK PRICE \$34,590



\$237 Bi-Weekly 2.49% Over 84 Months

NEW 2017 CHEVROLET CAMARO

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MSRP \$34,385
GM VISA BONUS \$500

DUECK PRICE \$33,885



\$228 Bi-Weekly 1.99% Over 84 Months

NEW 2016 CHEVROLET CRUZE L SEDAN

MANUAL TRANSMISSION, POWER WINDOWS, 7" MYLINK COLOR SCREEN, POWER LOCKS, REMOTE KEYLESS ENTRY, 10 STANDARD AIRBAGS, BLUETOOTH AND USB PORT, 6CR7519

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GM VISA BONUS \$500

DUECK PRICE \$16,095



\$53 Weekly .99% Over 84 Months

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MSRP \$52,545
REBATES \$2,500
GM VISA BONUS \$1,000

DUECK PRICE \$49,045



\$329 Bi-Weekly 1.99% Over 84 Months

NEW 2016 CHEVROLET SPARK LS

MANUAL TRANSMISSION, REAR BACK UP CAMERA, ONSTAR, RADIO INFOTAINMENT SYSTEM WITH APPLE CARPLAY, REAR SPOILER, 6SP0469

DUECK PRICE \$11,595



\$45 Weekly 4.99% Over 84 Months

NEW 2016 CHEVROLET EQUINOX_{1LT FWD}

DEMO, 8 WAY POWER SEAT, REMOTE START, SUNROOF, HEATED FRONT SEATS, 18" CHROME WHEELS, NAV, REAR BACKUP CAMERA, XM RADIO, PIONEER PREMIUM SOUND SYSTEM, 6EQ4875

MSRP \$34,490
DUECK DISCOUNT \$7,548

DUECK PRICE \$26,942



\$186 Bi-Weekly 2.49% Over 84 Months

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DUECK PRICE \$25,772



\$178 Bi-Weekly 2.49% Over 84 Months

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Getting youth the help they need

TREATMENT

Dead boy's dad to push for services before B.C. election

The father of a 15-year-old drug-addicted boy whose death has sparked calls for government-funded services says he will push for change in the run-up to a provincial election so other youth can get the help they desperately need.

Peter Lang spoke out Thursday after British Columbia's representative for children and youth released a report on his son's death in June 2015.

Mary Ellen Turpel-Lafond made the same recommendation for comprehensive government support involving another case five months ago. She said in the current report that the system should include community-based and residential treatment services, along with selective use of secure care that would allow youth to be involuntarily placed in a facility to keep them safe. Lang said he and his former



B.C. Representative for Children and Youth Mary Ellen Turpel-Lafond released a report on the death of 15-year-old Nick Lang in June 2015. DARRYL DYCK/THE CANADIAN PRESS FILE

wife Linda Tenpas tried everything they could to get help for their son Nick Lang, whose behaviour began changing in Grade 4 before spiralling out of control starting with marijuana use that escalated to methamphetamine.

Lang, a deputy warden with



This government has had 10 years to do something.

Peter Lang

the Correctional Service of Canada, said the teen was reluctant to voluntarily receive help and the pair was forced to try the youth justice system as a last resort after the teen assaulted his mother in April 2015.

The Metis teen, who was known for his sense of hu-

mour, had to plead guilty to assault and was ordered to get rehab funded by the Children's Ministry at a facility in the Vancouver Island community of Campbell River.

On June 9, 2015, six days after starting the program, Nick was found hanging in a bedroom closet in the care home where he was staying. A coroner's investigation did not determine a cause of death, and Turpel-Lafond's office said it may never be known.

Turpel-Lafond said in her report that Nick, who was described by a teacher as "a little kid with a big heart," lived with his well-functioning middle-class family near Vancouver, but there were no Metis-specific services available despite his parents' efforts to get him into such a treatment program.

"Nick's very capable parents did not manage to find a public treatment program that could help him that didn't also have a significant wait list and they couldn't afford the private facilities that would accept him right away."

Lang said many other parents who are also trying to

get treatment for their children have contacted him for support.

"I will continue to raise his case as an example of how the system failed," Lang said, adding he plans to meet on the weekend with the Opposition NDP critic of the Children's Ministry.

"I'm not a member of any party and I don't have any assurances that they would do anything different but this government has had 10 years to do something and they haven't done it," he said of the Liberals, who will vie for a fifth consecutive term in office next May.

Children's Minister Stephanie Cadieux said she will discuss with other ministries how Turpel-Lafond's report might lead to service improvements.

She said the government has convened a cross-ministry cabinet working group on mental health and substance-use services in an effort to address gaps in the current system.

Lang and Tenpas have also filed a civil lawsuit against the province, alleging their son received inadequate supervision while he was in care.

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Overdose deaths surpass 2015



Matt Kielytyka
Metro | Vancouver

The extent of British Columbia's public health emergency of overdose was laid bare on Thursday.

The B.C. Coroners Service reported in its latest update that 56 people died of overdoses in September, bringing the total number of people who have died of accidental drug overdoses in the first nine months of 2016 to 555.

That exceeds the 508 overdose deaths in the province in

all of 2015.

The fentanyl-fuelled crisis was declared a public health emergency by the province earlier this year, and health authorities across B.C. are rushing to get life-saving naloxone kits into the hands of drug users, first responders, medical care providers and others.

Vancouver is also forging ahead with plans to fast-track as many as five new supervised injection sites to help combat the increase in overdoses.

The 56 deaths in September were up from the 49 declared in August.

"The overdose crisis has unmasked the reality that the problem of untreated drug addiction that exists in families and communities across the province has been neglected too long," said Dr. Evan Wood, interim director of the newly created B.C. Centre on Substance Use, and Marshall Smith, chair of the B.C. Recovery Council, in a joint statement released Thursday.

"The province has taken urgent and pragmatic steps aimed at comprehensively tackling this challenge with a view towards immediate steps and longer term solutions."

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WHALE-WATCHING DISASTER

Survivors still scarred by boat tragedy

Entire communities have been honoured, individuals cited for heroism and boats blessed, but one year after the sinking of a whale-watching vessel off British Columbia that tossed 27 people into the churning Pacific, the wounds have barely started to heal.

Five Britons and one Australian died on Oct. 25, 2015, when the 20-metre Leviathan II capsized in waters near Tofino, about 320 kilometres northwest of Victoria.

The cause of the tragedy remains under investigation. The Transportation Safety Board of Canada is expected to release its report next year.

In the days immediately following the sinking, TSB investigators said most passengers and crew were on the top deck of the vessel's port side, when a wave hit the starboard side. The vessel tilted up, rolled and capsized, said the TSB.

Survivors described being thrown into the ocean without

life jackets, grabbing hold of a single life ring that floated in the waves.

Others expressed their fear at being in the bottom of the sinking boat and thrown about like laundry in a washing machine.

Rescuers from the nearby First Nations village of Ahousaht raced to help in boats after seeing a single emergency flare.

Families of those who died say the pain of their loss hasn't faded.

"I feel just as sad today as I did last year," said Michele Slater

Brown of Milton, Ont., whose father Jack Slater, 76, a British national living in Toronto, died in the sinking. "This has affected me more than any other single event ever in my life."

Brown said she will not be in Tofino on Tuesday for a ceremony to honour the victims one year after the sinking. Relatives and loved ones of the other victims are expected to attend the ceremony, which includes unveiling a plaque.

THE CANADIAN PRESS



Jack Gates lives in the Regent Hotel and is the plaintiff in the class-action lawsuit. JAN ST DENIS/METRO

'City need to clean it up'

CLASS ACTION

SRO tenants tell government to fix buildings



Jen St. Denis
Metro | Vancouver

Tenants of several single-room occupancy hotels in the Downtown Eastside are speaking out about the deplorable conditions they live in, and some activists are calling on the city or province to buy the hotels in order to fix the long-running problems.

"We have no security at night or during the day," said Jack Gates, a resident of the Regent Hotel during an Oct. 20 press conference on Hastings Street.

"I get woken up at all hours of the day and night with people sleeping in the hallway, telling me that they've paid rent. Even if they did, they shouldn't be sleeping in the hallway."

The Regent and another SRO, the Balmoral Hotel, are the subject of two recently launched class-action lawsuits that allege the City of Vancouver has failed to enforce its own standards of

maintenance bylaw to do emergency repairs and bill the building owner. The two buildings are owned by the Sahota family, landlords who have faced numerous legal actions and tenant complaints in response to their failure to maintain properties.

Around two months ago, the long-time managers of the Balmoral and the Regent were fired, a move that resulted in nearly non-existent security, Gates said.

One of those former managers, Sam Dharamapa, said he and his colleague would regularly have to call the city if any important maintenance had to be done.

"We call the city and tell them the room number: number 500, the door won't lock," Dharamapa said. "Can you call the Sahotas? That's the way we take care of the Balmoral and Regent."

Lama Mugabo, a volunteer with the Carnegie Community Action Project, called for the city and province to step in.

"The city could do the repairs, bill the owners and force them to hire professional non-profit management to take over these buildings and fix them up without evicting the tenants," Mugabo said.

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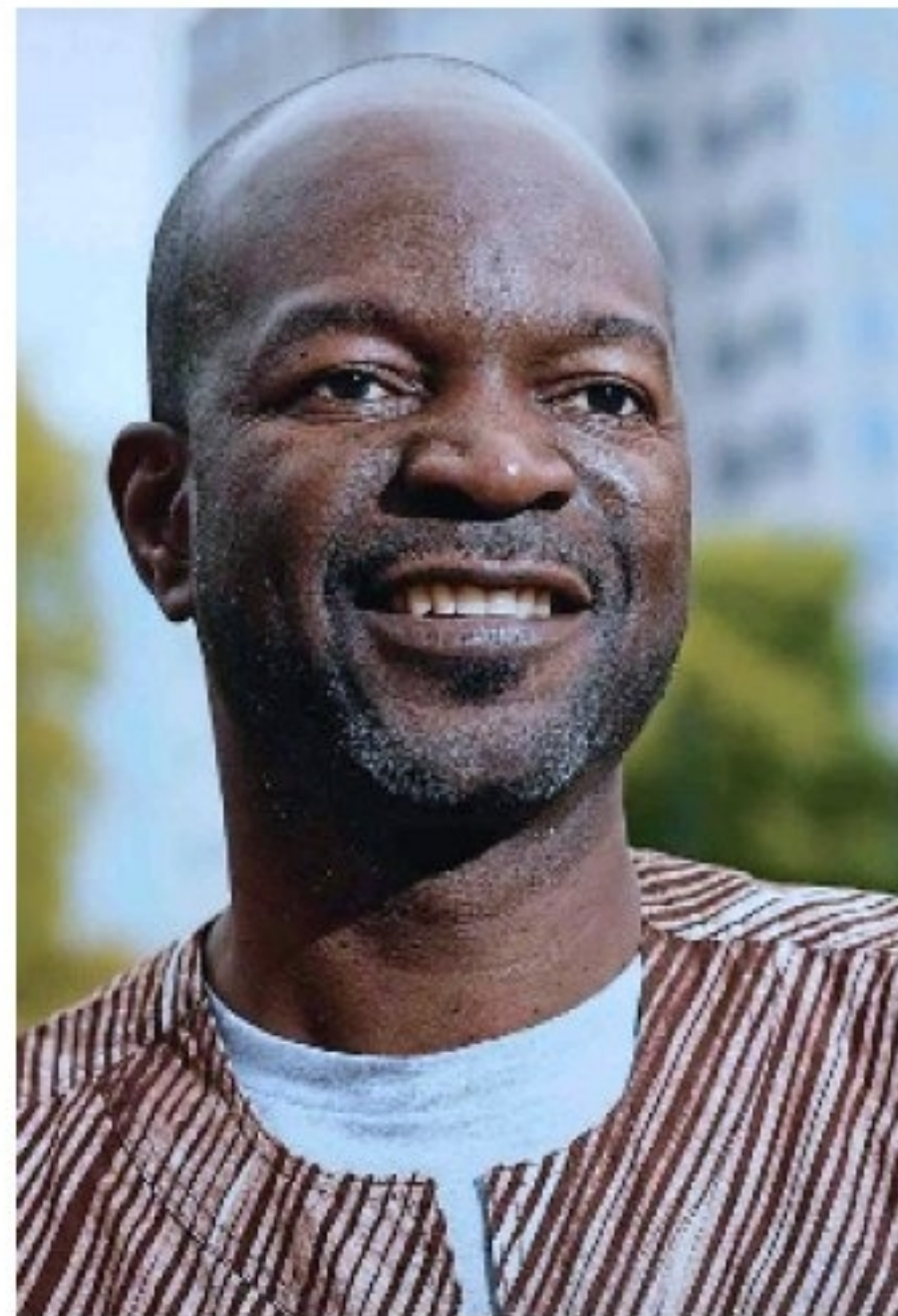
The world's 11th-largest country has been almost entirely forgotten, Canadian advocate Maurice Carney argued during a visit in Vancouver this week, despite the fact that Canadian mining companies have \$3 billion in assets there.

That forgotten country is the Democratic Republic of the Congo, the largest country in sub-Saharan Africa and home to 82 million people, more than double Canada's population.

"Congo is the most significant country in a continent of a billion people, certainly the most strategic on the continent," Carney, executive director of Friends of the Congo, told Metro in an interview during his visit to Vancouver. He was in B.C. to mark the ninth annual Congo Week with a talk in the city on Tuesday. "What happens there has an impact on the entire African continent. More people ought to know what's happening there."

"Part of the challenge is disabusing people of their preconceived notions about what's actually happening there ... that Congo is synonymous with violence, with darkness, with savagery. So when anything happens there, people tune it out."

The government of Canada has issued travel advisories against all "non-essential travel" to the country, and suggests on its website that Canadians in the country "should consider leaving



Maurice Carney, the Canadian citizen who founded Washington D.C.-based Friends of the Congo, thinks 'more people ought to know what's happening' in a country with \$3 billion Canadian mining assets. JENNIFER GAUTHIER/METRO

by commercial means before the situation deteriorates further."

Yet Canadian mining companies aren't pulling out, in spite of a history of invasions and conflict that begun under the bloody colonial era under Belgium.

Global Affairs Canada estimates that the DRC holds "the third largest Canadian mining assets in Africa with a total of \$3 billion," and Canada imports more than \$26 million from the

country every year — mostly precious stones, minerals, cocoa and wood.

"Many of the companies don't abide by OECD guidelines," Carney said. "Some went in during the (Rwandan) invasion of the Congo when the rebel movement was moving from the east to the west, and they struck a deal with the rebel leader ... In exchange for cash, they got mining concessions."



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A destroyed ambulance sits outside the Syrian Civil Defense main centre after airstrikes in a rebel-held part of eastern Aleppo, Syria, on Sept. 23. SYRIAN CIVIL DEFENSE WHITE HELMETS/THE ASSOCIATED PRESS

Dion blasts Russia, UN over bloodshed

SYRIA

Minister calls for immediate halt to strikes in Aleppo

Canada and Russia traded barbs at the United Nations on Thursday as Foreign Affairs Minister Stéphane Dion led calls for an end to the bloody conflict in Syria.

The exchange came during a special session of the UN General Assembly, organized by Canada and supported by more than 70 countries, in which Canada hoped to ratchet up pressure on Russia and Syrian President Bashar Assad to end the five-year-old war.

Dion blasted the Security Council's failure to end the conflict before turning his sights towards Russia and Assad. The



Stéphane Dion THE CANADIAN PRESS

two have a responsibility to protect civilians, he warned, before calling them "belligerents" to the conflict.

Dion called for an immediate end to airstrikes in the city of Aleppo, where Russian and Syrian government forces have conducted an unprecedented number of airstrikes in recent weeks. And he brushed aside a "pause" in the bombing instituted by Russia earlier this week.

"A short humanitarian pause, announced unilaterally, without

notice and without clear parameters, does not allow the necessary aid," said Dion.

About 250,000 people are trapped in rebel-held parts of the city, which aid convoys have not been able to reach since July. UN officials reported that water and food supplies are running dangerously low and half of those caught in the crossfire are children.

But Vitaly Churkin, Russia's ambassador to the UN, showed no signs of backing down. Instead, he repeated past assertions that Russian and Syrian forces were fighting terrorist groups, some of which have been trained and equipped by the U.S.

Churkin went on to note that Dion had made no mention of either the Islamic State of Iraq and the Levant or other terrorist groups, and he appeared to question if Canada was committed to fighting such elements.

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Problems per 100 Vehicles (PP100)

Kia	83	#1
Porsche	84	
Hyundai	92	
Toyota	93	
BMW	94	
Chevrolet	95	
Buick	96	
Lexus	96	
Lincoln	96	
Nissan	101	
Ford	102	
GMC	103	
Infiniti	103	
Volkswagen	104	
Industry Average	105	
Audi	110	
Mercedes-Benz	111	
Cadillac	112	
Jeep	113	

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2016 KIA SOUL LX	2016 KIA RIO LX AUTO	2017 KIA FORTE LX
		
MSRP \$19,120	MSRP \$16,240	MSRP \$20,255
REBATE + CASH DISCOUNT \$1,750	REBATE + CASH DISCOUNT \$4,250	REBATE + CASH DISCOUNT \$3,000
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Canada metro NEWS



A statue of baby Jesus outside Ste. Anne des Pins parish in Sudbury, Ont., got a facelift after it was vandalized in northern Ontario — and the result is turning heads. GINO DONATO/THE CANADIAN PRESS

Statue may lose its head again

ONTARIO

Terracotta replacement now changing shape in rain

There's a new head on the Baby Jesus statue in downtown Sudbury, Ont., but it may soon be lopped off.

The head's part of a Baby Jesus and Mary stone statue on the front lawn of the Ste. Anne des Pins church in the city's downtown.

Someone severed and stole the original stone head earlier this fall.

The terracotta replacement head has been turning heads, because it's an orangish hue on an otherwise white statue. Its spiky hair has moved at

least one observer to say it looks more like Lisa Simpson of cartoon fame than the classic Baby Jesus.

Worse yet, it's changing shape in the rain and turning the rest of the statue an orangish hue.

"I have noticed that, with the rain, the clay is eroding," Father Gerard Lajeunesse said in an interview. "I may have to have it removed."

"Right now, it's staining the statue," Lajeunesse said.

The terracotta head is the work of local artist Heather Wise, who told Lajeunesse she plans to replace it with a stone one eventually.

She volunteered to do the job for free, even though she has never sculpted in stone before and doesn't belong to the parish, Lajeunesse said.

The plan was that the orange

terracotta head would serve as a temporary replacement until she could do something in stone, Lajeunesse said.

"The initial plan was to paint it, but it was never dry enough, and we're starting into the rainy seasons," Lajeunesse said.

He said Wise did the work out of the goodness of her heart. "She's not Catholic," Lajeunesse said. "She was upset with what was done."

The baby Jesus head had been knocked off before, but it could always be found nearby.

This time, it was taken away, Lajeunesse said.

There has also been paint thrown on the church and graffiti.

"It's not quite common, but it happens a few times a year," Lajeunesse said. "It's a shame. It's a nice oasis of greenery."

TORSTAR NEWS SERVICE

DEPORTATION

Woman issues plea to stay in country she considers home

A young mother facing deportation to the U.K. after spending much of her life in Canada issued a plea Thursday to be allowed to stay in the country she considers home, a day before her strange saga goes before a hearing that may determine her fate.

Propped up in a hospital bed and groggy from pain medication, Fliss Cramman said she is terrified of being forced to return to England, where she was born but left at the age of eight when her parents moved

to Ontario. "I'm just so scared to go back — I don't know anybody, I don't know anything," she said through tears, while two corrections officers stood guard in her drab hospital room. "If I leave here, I'm leaving my heart behind big time. This is my homeland."

The 33-year-old mother of four young daughters, who were all born in Ontario, only became aware that she was not a Canadian citizen following a recent drug conviction and incarceration. The Canada Border

Services Agency looked into her status while she was in custody, discovering that her parents and several foster care families that took her in at the age of 11 failed to secure her Canadian citizenship.

As a result, the agency says it wants to deport her by Dec. 16, despite her physician's assertion that she is in fragile health and needs to remain in the country for about 18 months to properly recover from a series of colon surgeries.

THE CANADIAN PRESS

13

Mike
Reilly
QB



SOLOMON ELIMIMIAN

56

Solomon
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SOLOMON ELIMIMIAN

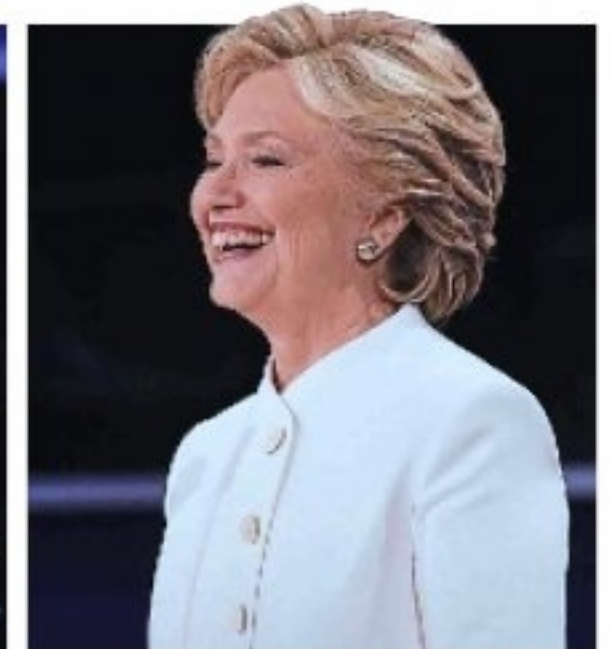
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'Truthiness' vs. 'Trumpiness'

In today's world, facts seem to be anyone's game

VICKY
MOCHAMA



Between the American election, the Brexit referendum and the fissure in the Knowles-Carter household, it's hard to know what to believe anymore.

In the third and oh-God-when-will-this-end final debate, Donald Trump didn't seem to know the difference between late-term abortions and birth. "In the ninth month," he said, "you can take the baby and rip the baby out of the womb of the mother." According to him, this happens "as late as one or two or three or four days prior to birth."

Despite his five kids and a stated passion for female anatomy, Trump doesn't seem to be aware that he is describing the regular process of a C-section. Although he's proven he knows nothing about women's health, Trump feels like he can have an opinion on women's bodies.

On The Colbert Show, "truthiness" held that a fact was true if someone deeply believed it. Colbert recently updated it to "Trumpiness:" a fact is true if you hold it much deeper in your gastrointestinal system — somewhere not fit for broadcast.

Having waited for the computers to spontaneously combust at the millennium, we should have known that nothing and no one could be trusted as of day one of the year 2000. Especially not the machines.

Computers have sped the post-fact world into hyperdrive with the availability of fast, small and easy-to-use phones and computers.

On the Internet, it's easy to silence disagreement and confirm your own biases.

It's a phenomenon that happens offline as well.

A 2008 Yale study, for example, asked participants about the safety of nanotechnology. When they had scant information, their opinions were all over the map. Yet, when given more information about nanotechnology's risks and benefits, participants "became highly divided" according to their existing ideological

On the internet, it's easy to silence your disagreement and confirm your own biases.

biases.

Online, however, it has become rapidly beneficial to assert opinion as fact.

Buzzfeed and the New York Times have reported on the rapid growth of hyperpartisan Facebook pages. Pages like Eagle Rising and Occupy Democrats share memes and photos with stories that are often false or misleading.

Millions of followers share the pages with friends and family. These pages might just disappear after the election. But, on the night of the third debate, Trump TV launched on Facebook to over 8 million views — and the fact-free life became just a little more permanent.

Partisanship at the expense of facts isn't just an American phenomenon. During Brexit, the Leave Campaign promised 350 million pounds a week for Britain's health system.

After they won, they denied ever making the promise.

Where facts are anyone's game, we can't be far away from Donald Trump declaring war on Genovia, the fictional nation from The Princess Diaries.



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DIGEST

The world in news

1 Iraqi special forces join battle for Mosul as U.S. soldier dies — In a significant escalation of the battle for Mosul, elite Iraqi special forces joined the fight Thursday, unleashing a pre-dawn assault on a Daesh-held town east of the besieged city, and the U.S. military announced the first American combat death since the operation began.

U.S. officials said the American service member died Thursday from wounds sustained in a roadside bomb explosion north of Mosul. More than 100 U.S. special operations forces are embedded with Iraqi units in the offensive, and hundreds more are playing a support role in staging bases.

The U.S.-trained special forces, officially known as the Counter Terrorism Service, are widely seen as Iraq's most professional and least sectarian fighters, and have served as the shock troops in previous campaigns against Daesh. They are expected to lead the charge into Mosul.

THE ASSOCIATED PRESS

2 UN says 500 killed in Aleppo in Syria offensive — UN Secretary-General Ban Ki-moon says nearly 500 people have been killed and almost 2,000 wounded since the Syrian government launched its offensive on the eastern, rebel-held part of the city of Aleppo on Sept. 23.

Ban says the city's besieged district has seen "the most sustained and intensive aerial bombardment" since the conflict began five and a half years ago.

THE ASSOCIATED PRESS

3 Aid group: Refugees facing 'appalling conditions' in Greece — The international aid group Doctors Without Borders says refugees at camps in Greece are still living in mostly "appalling conditions" with poor access to health care and a lack of provisions to identify the most vulnerable.

In the highly critical report issued Thursday, the agency commonly known by its French name, Medecins sans Frontieres, argued that the European Union and Greece had "collectively failed to establish humane and dignified reception conditions."

More than 60,000 refugees and migrants have been stranded in Greece following European border closures this year. Most still live in tents. THE ASSOCIATED PRESS



This T-shirt is being sold on googleghost.com. CONTRIBUTED

Nasty women stick together

DEBATE

Comments become a feminist rallying cry



Rebecca Chiu
Metro | Toronto

When Donald Trump blurted into his mic on Wednesday night, telling Hillary Clinton she was "such a nasty woman," he probably didn't anticipate the type of social media reaction that followed.

Soon after, the hashtags #ImANastyWoman and #NastyWoman spiked. Women were either talking about being "nasty" themselves, or using

the topic to take down the Republican candidate on his other sexist comments.

The Clinton campaign grabbed hold of the opportunity, tweeting out a comparison between Trump's comment to the candidate's earlier statement that "nobody respects women more than me."

It seems one Clinton supporter even purchased the domain nastywomengetshitdone.com, directing it to the Democratic presidential candidate's campaign website.

Supporters aren't only buying websites, but clothing, too. Nasty woman T-shirts are already being sold online, with 50 per cent of sales going towards Planned Parenthood, and in an even further dig at Trump, you can purchase a "Make America Nasty Again" hat on Etsy.

HEALTH

Doctor explains how abortions work



Genna Buck
Metro | Toronto

As she listened to Donald Trump describe Hillary Clinton's views on abortion as, "In the ninth month you can take the baby and rip the baby out of the womb of the mother just prior to the birth of the baby," at the U.S. presidential debate on Wednesday, Dr. Wendy Norman was disappointed, but not surprised.

"The inaccuracies are glaring and obvious and they are akin to many inaccuracies we've heard from this particular candidate," said Norman, a family physician and chair of Family Planning Public Health Research at the University of British Columbia.

The terms "partial-birth abor-

tion" and "late-term abortion," which the moderator used in his question, are not medically accurate, Norman explained.

"The word 'term' refers to the time between 37 weeks and 42 weeks, when it's safe and normal for a baby to be born. There are no abortions happening then ... and abortions are not 'birth' processes," she said.

What pro-life advocates call "partial-birth abortion" is an intact dilation and extraction. It's used most often in second-trimester abortions (13-27 weeks of pregnancy) when there's been a diagnosis of devastating or fatal birth defects and an autopsy is needed or parents want a body to grieve over.

The procedure is legal in Canada, but banned in the U.S.



It looks like a Guinness, but with no booze. Starbucks Canada is launching nitro cold brew coffee — basically cold brew with a shot of nitrogen. TORSTAR NEWS SERVICE

Starbucks brings in nitro cold brew

COFFEE

Guinness-like cold beverage will be sold in select locations

Ever wanted your coffee to look like a Guinness?

It's not quite beer for breakfast, but Starbucks actually does tap a keg to make its latest concoction, nitro cold brew, which the chain launched in Toronto's financial district Thursday.

Nitrogen — yes, the gas — is used to amp up the coffee behemoth's hot-selling cold brew, which is essentially coffee that is steeped rather than heated.

The nitro trend has really taken off this year, with independent coffee houses including Pilot Coffee Roasters, Station Cold Brew and Balzac's

recently getting on board.

But Starbucks is the biggest chain so far to get in on the gas guzzling. The chain already has it in hundreds of U.S. stores and nitro will also be sold in select locations in Toronto, Ottawa and Vancouver by year's end, the company says.

Starbucks uses a two-tap system: one for its regular Narino 70 Cold Brew and one for the nitro version. The kegs are right next to each other in the store, though one is infused with nitrogen as it cascades out of the tap.

"It appears with the same kind of theatre and whimsy one experiences while watching a Guinness stout being poured," gushes coffeetalk.com.

The drink is served minus ice and unsweetened to highlight the flavour the cold brewing process brings out in the coffee.

October may seem like an odd time to pump out a new cold bevvy, but Starbucks estimates that one in two beverages sold in Canada are cold year-round, and expects to more than double the size of its cold beverage business in within five years.

Starbucks Canada enjoyed a 30 per cent jump in iced beverage sales over the last two years and the category represents one of the fastest growing areas of the business, the company says.

That cool shot of nitro doesn't come cheap of course. It's \$1.50 more than the tall and grande sizes of its signature cold brew.

The good news? Unlike Guinness or other sweet iced coffee concoctions, it's low-cal. A tall (12-ounce) serving has five calories and 0 grams of sugar.

TORSTAR NEWS SERVICE

market minute



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OIL
\$50.63 US (-\$1.19)

GOLD
\$1,267.50 US (-\$2.40)

NATURAL GAS: \$3.14 US (-3¢)
DOW JONES: 18,162.35 (-40.27)

IN BRIEF

Local news more important than profit, watchdog says

TV stations have a responsibility to produce local news, even if it hurts their bottom line, Jean Pierre Blais, chairman of the Canadian Radio-television and Telecommunications Commission, told a Commons committee Thursday. He lamented the "disturbing number of television stations" that have cut staff, centralized operations and reduced the length of their newscasts.

THE CANADIAN PRESS

Apple says many branded items on Amazon are fake

Apple says it has been buying Apple chargers and cables labeled as genuine on Amazon.com and has found nearly 90 per cent of them to be counterfeit. In a lawsuit, Apple says Mobile Star imprinted Apple logos on cables and chargers that "pose a significant risk of overheating, fire, and electrical shock." It says the they were being sold as genuine Apple products.

THE ASSOCIATED PRESS

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VIDEO GAMES

Nintendo fills in fans on the big Switch



Andrew Fifield
Metro | Toronto

Nintendo rolled out the usual list of characters from its rich stable in the company's first trailer for the Switch. Set for release next March, the preview video shows the portable-home console hybrid providing gaming on the go and in the living room.

However, gamers waiting for

more specifics on the release date, price and launch titles will have to be a little more patient.

"Full game demonstrations, the list of launch window titles, as well as launch date, price and related specifics will be shown and announced prior to launch," the company said in an accompanying release.

Before the release of Thursday's trailer, Nintendo had already revealed the Switch — then known as NX — would be both a

“Full game demonstrations, the list of launch titles ... will be shown and announced prior to launch.”

Nintendo

home and portable system that would use game cartridges.

The Switch will compete with Sony's Playstation 4 and Microsoft's Xbox One, which are both well into their life cycle with upgraded versions of each on the way. Sony also rolled out its own virtual reality headset this month. Nintendo's latest console, the Wii U, was released in November 2012 and is widely considered to be a failure, especially given that it was the follow up to the massive success of the motion-controlled Wii.

Changes are coming to the SkyTrain network starting October 22

Know before you go at translink.ca/skytrainchanges

Expo Line

Millennium Line



Tesla Motors CEO Elon Musk unveils the company's newest products. The company is building electric cars with all the sensors, cameras and other gear needed to drive completely on their own when regulations allow. THE ASSOCIATED PRESS

Self-driving car critics deadly: Tesla

TECHNOLOGY

CEO Musk says new autopilot vehicles will only save lives

Self-driving cars hold the promise of saving thousands of lives each year on U.S. roads. But does pointing out flaws with the technology effectively put people in danger?

That claim was put forth Wednesday by Tesla Motors CEO Elon Musk, who criticized the media for harping on the relatively few crashes involving Tesla's semi-autonomous driving system called Autopilot, while saying little about the about the 1.2 million people who die worldwide each year in human-driven vehicles.

"If, in writing some article that's negative, you effectively dissuade people from using autonomous vehicles, you're killing people," said Musk, who expects his self-driving technology to be at least twice as safe as cars driven by humans.

The comments came as Musk announced that all new Tesla vehicles — including the lower-cost Model 3 — will have the

hardware needed to drive themselves. The talk is bold but experts say it's premature until self-driving cars prove they're better drivers than humans under any circumstances.

"Over time, after the technology has established itself, one would expect there would be a decrease in fatalities," says Raj Rajkumar, a computer engineering professor at Carnegie Mellon University who leads its autonomous vehicle research. "But this is too premature to make this claim. Tesla's technology is known to be imperfect."

In May, an Ohio man using Autopilot died when his Tesla Model S failed to spot a tractor-trailer crossing a divided highway.

Neither the car nor the driver braked, and the Model S crashed into the side of the trailer. Federal investigators are looking into Autopilot's role in the crash.

There is evidence, however, that one day Musk could be proven to be

right. While currently there is little data showing that fully autonomous cars would reduce deaths, there are studies that show computer controls can cut fatalities.

THE ASSOCIATED PRESS

“If, in writing some article, you effectively dissuade people from using autonomous vehicles, you're killing people.”

Elon Musk



DECODED by Genna Buck and Andrés Plana

YOUR FLU SHOT QUESTIONS, ANSWERED

We asked Metro readers what they want to know about the flu shot, and their reasons for not getting the jab. We put them to expert **Dr. Allison McGeer**. She says you shouldn't throw away your shot to fight flu.

“Why are scientists so bad at choosing the strain for the flu shot? Last year it was 45-50 per cent effective; in 2014-2015 just 23 per cent.” The World Health Organization chooses the strains. They're actually really good at it. It's just hard. Influenza viruses are changing all the time. It's how they escape our immune system. There are billions of influenza viruses, and WHO experts have to predict the one that's going to be the most common next year. 156 countries have a national lab that selects new and different viruses to send up to the WHO so they can test them and look at the direction viruses are going in. They're getting better. But it takes six months to make a flu vaccine.

“How fast do flu viruses change?” Depends on the strain. H1N1 doesn't change that much. But H3N2 can change a lot in a month. It doesn't always. But it changes enough that often, within a year, we give the virus a new name. And that's an indication that it's changed enough to pretty much infect everyone in the world again.

Got the flu?

Runny, stuffed-up nose, sore throat and a bad cough could be signs of influenza or a less dangerous virus like the common cold. These are telltale signs of flu:

- ☐ Sudden high fever (39-40 C or 102-104 F)
- ☐ Severe headache
- ☐ Severe body aches
- ☐ Extreme fatigue
- ☐ 7-10+ day recovery
- ☐ Sometimes nausea, vomiting and diarrhea (especially in children)

Source: Public Health Agency of Canada



Allison McGeer is head of infection control at Mt. Sinai hospital. She has been part of Canada's National Advisory Committee on Immunization and a consultant to the World Health Organization. TORSTAR NEWS SERVICE

“We just don't respect influenza”
Dr. Allison McGeer

“Does it matter when you get the shot? Early or close to flu season?” There's a lot of argument about that. If you're young and healthy, it probably doesn't matter. If you're older, it's probably better to get it a little closer to flu season. So I wouldn't get it in August, but the difference between October and November is probably not significant.

“I'm afraid the flu shot will weaken me for when the superbug wipes out mankind. I prefer to develop my own antibodies.” That's like saying “I want to swim across lake Ontario, and it's better if I don't practise.” A vaccine allows your immune system to train itself to fight a particular bug. Illness does give you immunity and protection going forward, but then again so does vaccination. There's nothing different about being 60 per cent protected by illness and 60 per cent protected by the vaccination. And if you get infected, you get sick.

“Why does the flu shot give me a sore arm?” Because your immune system is reacting in that area to the vaccine. Taking Tylenol before getting the needle works better for pain than waiting until afterwards.

BY THE NUMBERS

~1 in 3 cases of flu-like illness is influenza virus.



“I got the flu shot last year and I still got the flu four times. What's up?” The flu shot only prevents influenza. And influenza is about a third of influenza-like illness. You can get the flu vaccine and still get what feels like flu a couple of times a year. If you're judging the effectiveness of the shot based on your experience, you're trying to measure a one-third reduction in flu. It's just not possible to tell that's happening. You don't wear your seat belt because of your own personal experience in a car crash. You have to get the shot because you know the data shows it works and that if you do get flu, you'll be less sick.

“Aren't you basically injecting me with a strain of the flu? How is it impossible for it to make me sick?” The only vaccine that has live virus is the nasal spray. We've never used much of that in Canada. The injectable ones have no live virus, just pieces of viruses. No way you can get the flu from that.

“I'm 32 and female. I'm not going to die of flu. Why does the government pay for my flu shot, but not the HPV vaccine?”

First of all, cancer feels scarier, but you're not more likely to die from cervical cancer than flu. Secondly, flu shots are much less expensive than (an HPV vaccine) is. You have to have a much smaller impact to make it sensible to get vaccinated. I'm sympathetic to 22-year-olds saying, “I don't care about flu.” But it makes sense to avoid it. Not getting your flu shot's not a big deal if you're 22 — if you don't have any friends with children under one, or who have cancer, or are over 65. The benefit to you is not trivial. If it were trivial, we wouldn't tell you to get vaccinated. It's not mandatory. But you should choose thinking about the other people in your life.

“The flu shot is 50 or 60 per cent effective in a good year. Why bother?” I don't expect anything else in my life to be 100 per cent effective. The flu vaccine is way less than perfect. There are some other things you can do — wash your hands, make sure people stay home if they're sick, practise respiratory etiquette — but there is not as good evidence for them as there is for the vaccine.

“Do deaths and hospitalizations go down when there is universal flu vaccination? Is it worth it?” There's an analysis of the impact of the universal flu vaccine in Ontario by a guy called Jeff Kwong. And he found the program is cost effective. (Kwong's 2010 study showed that universal flu shots caused a 61 per cent reduction in flu cases and 28 per cent reduction in deaths, as compared to a program where only high-risk people get flu shots. The net cost to the health care system was \$2.60 per shot).

“In 2014-2015, people who got the flu shot every year were actually more likely to get the flu than others. How did that happen? And how can we make sure it doesn't happen again?” We've been making and using influenza vaccines pretty reliably since the early 1940s. And the 2014-2015 flu season was the first time we had this degree of mismatch (the wrong strain of H3N2 flu was chosen). It's not very likely to happen again. As with most disasters, it's not just one thing that went wrong. There was also a problem adapting that particular strain (for the vaccine). We learned that if the change in the virus is just right, if you get vaccinated in two years, your protection in the second year is not as good as the protection of a person who did not get vaccinated last year but did get the vaccine this year. This doesn't happen every year. And in our (forthcoming) study of health care workers, those who had the vaccine for 20+ years were as well protected as those who had been vaccinated less often.

Why eggs?

Flu shots contain traces of egg because an egg is just a better way to grow viruses than anything else we had when we started making flu vaccines. We're getting close to alternatives, but we're not there yet. — Dr. McGeer

“Zinc, echinacea, Vitamin C, Vitamin B, ginger — any truth to these earthy alternative flu treatments?” There is no evidence that any of those things reduce either the frequency or severity of symptoms. Wish they did, but they don't.

“Why are people so skeptical about the benefit of flu shots?” You worry about things that are foreign and strange and rare, not things that are common. We just don't respect influenza. As a healthy adult, for example, I'm more likely to die of flu than meningitis. Meningitis is uncommon, but if you get it it's really bad, so that makes it very scary.

This interview has been edited and condensed for clarity.

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Elizabeth Reaser, Lulu Wilson and Henry Thomas in *Ouija: Origin of Evil*, which tells a terrifying new tale as the follow-up to 2014's sleeper hit that opened at number one. For 100 years *Ouija* Boards have caused trouble on the big screen, with characters using the witch-boards to communicate with the dead with disastrous results. UNIVERSAL STUDIOS

Ouija board: A movie history

IN FOCUS

Spirits make their presence known in very horrific ways

Richard Crouse
For Metro Canada



For almost 100 years *Ouija* Boards have caused trouble on the big screen. From the 1920 movie *Ouija Board* to this weekend's *Ouija: Origin of Evil*, characters have used witch-boards to communicate with the dead to disastrous results.

The most famous *Ouija* design features the alphabet, numbers from zero to nine, and the words yes, no and goodbye printed on the board in an elaborate font. The spirits use a wooden heart-shaped planchette or a pointer to answer the living's questions from beyond.

Changes have been made to the basic design over the years. There have been glow-in-the-dark versions, a pink board marketed to teen girls and one with a light up planchette that illuminates the board's hidden messages. Whatever the look, the spirit board has also been a springboard for many movies.

The 1960 film *13 Ghosts* begins when a wealthy occult-

MOVIE RATINGS by Richard Crouse

Jack Reacher: Never Go Back ★★★
Ouija: Origin of Evil ★★★
Keeping up with the Joneses ★★
Mean Dreams ★★★
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ist bequeaths his home to his nephew. In a scene that almost plays like a commercial for *Ouija*, the home's new residents soon discover a spirit board.

"*Ouija*, the mystifying oracle," says Medea (Jo Morrow), "the most modern method of fortune telling. Anyone want to try it?" They gather round the board and ask, "Are there

any ghosts in this house?" The answer is yes and soon the spirits make their presence known.

The kitschy movie was a hit and helped spark the *Ouija* craze of the 1960s, which hit a high in 1967 when sales of the talking boards surpassed Monopoly. "In the late 1800s continuing all the way into

the 1960s, the *Ouija* board was considered good, clean, family fun," says designer Roman Mars. Then in 1973, along came a movie that scared audiences and consumers alike.

The *Exorcist*, the most famous of all demon possession movies, is based in part on the 1949 case of an anonymous Maryland teenager. The Catholic Church declared the boy to be under a diabolical spell when strange things started happening — levitating furniture and holy water vials crashing to the ground — after he played with a *Ouija* board.

In the famous film a teenage girl is possessed by a demon after she finds an old *Ouija* Board in a closet. Play-

ing with the board, she encounters Captain Howdy, a.k.a. Pazuzu, king of the demons of the wind. "I ask the questions and he gives the answers!" she says before her head starts spinning.

Ouija historian Robert Murch compares *The Exorcist*'s effect on the decline in popularity of the boards to a famous thriller's influence on everyday hygiene.

"It's kind of like *Psycho*," he says. "No one was afraid of showers until that scene."

Immediately following the release of *The Exorcist* witch-boards were suddenly perceived as an instrument of the devil, a conduit between demons and regular folks.



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I fought the Raging Boll — and lost

ESSAY

Filmmaker got his revenge for scathing reviews

Chris Alexander
For Metro Canada



The following is a true story.

Ten years ago, I was passing the time as one of the myriad know-it-all critics making sport of Uwe Boll's career. He was fun to kick around. Easy prey. And even more confounding than his movies was his loud, vulgar, cartoonish persona. He was like strange cinema's answer to Donald Trump and I, along with dozens of others, had a ball with our Boll-bashing.

Eventually, Uwe had had enough and he put out a public call to his detractors to "put up or shut up," to literally fight him in the boxing ring in a highly publicized stunt dubbed "Raging Boll."

The spirit of Andy Kaufman was alive and well and living in a five-foot-tall German filmmaker.

Naturally, I signed up. And surprisingly, I was the only Canadian chosen to be his opponent.

And while most of the other 'net scribbling numbskulls' perceived this to be a lark, I didn't.

Well, I did, but I knew Boll was a bit nuts. And I knew he had actually boxed back in the Fatherland.

So I trained. I hired a boxing coach named Wayne Borque, who had helped train the fighters in the film *Cinderella Man* to teach me some moves.

I punched stuff. I did ridiculous amounts of cardio. I went on MTV to promote the fight and adopted a horror nerd version of a Mohammed Ali mantra: "I'm gonna put Boll to bed for House of the Dead! He's gonna feel pain for making BloodRayne! You've heard of the Thrilla in Manila? This is the Maneuver in Vancouver!"

And indeed I and three other idiots were flown to Vancouver, to the Plaza of Nations, to actually fight Boll in front of a crowd of hundreds, most of them friends of Boll's (including actors Michael Pare and Kristianna Lokken) along with members of the curious international press. I watched the other shmucks get their rumps handed to them, shocked that the stocky and muscle-bound Boll was actually playing to win and punching to hurt. I saw them all fall. One of

them vomited.

And then it was my turn.

I jumped in, fists flying. The crowd roared. I blocked punches, danced around and landed more than a few blows of my own, getting Boll up against the ropes. It was a fair fight!

At the end of the first round, my corner man gave me a water bottle that was actually filled with fake blood.

I guzzled the bitter fluid and when the bell rang I jumped back in. I waited. I let Boll hit me. I spat the blood at him. The crowd cheered thinking that the gore was real.

The ref asked me if I wanted to end the fight and I told him that the blood was in fact phony. Boll was not happy with the gag and came at me with a haymaker shot to the skull.

Down I went. I got back up, dizzy, and came out again. Another clobbering blow to the head sent me crumpling to the mat. I didn't get up after that. Fight over.

But oddly, after this, Uwe respected me. I was playing to win, taking the blows, just like he



A decade ago, Chris Alexander (inset) fought Uwe Boll in a boxing match in Vancouver. Boll challenged critics who'd used him as a punching bag to step into the ring with him. GREGG SEGAL

did, every day, putting his balls on the block with every film he was making.

He actually invited me to his beach house the next day and I was astonished to learn that he was incredibly intelligent and

knew virtually everything about cinema history.

We became friends. I'd like to think we still are.

Recently, I came home and my nine-year-old son Jack said some dude who talked funny

called and was asking for "Creees Al-ax-an-dah."

Jack had hung up, thinking it was one of those pesky telemarketers.

That dude was in fact Uwe Boll. Long may he rage.

INTERVIEW

Director Uwe Boll's Rampage of terrible films is finished

Richard Crouse
For Metro Canada



The critics won't have Uwe Boll to kick around anymore.

The German filmmaker, who once played Adolph Hitler in an action comedy film called *Blubberella*, is best known for adapting video games like *House of the Dead*, *BloodRayne* and *Dungeon Siege* into movies.

He's never had an easy ride with reviewers — the San Fran-

cisco Chronicle's Peter Hartlaub called *Alone in the Dark*, "a film so mind-blowingly horrible that it teeters on the edge of cinematic immortality"—and earned the nickname The Raging Boll after challenging his worst critics a "put up or shut up" boxing match.

He knocked out each of his four opponents, landing a blow for anyone who has ever suffered a bad review.

Now he's done. The release of *Rampage: President Down*

is his swan song, the final film he will direct he says, in part, because his politically charged movies have "no impact."

"Rampage 3 will be watched on Netflix, DVD or iTunes or whatever," he says.

"They'll say, 'That wonderful movie! I liked it blah, blah, blah,' then watch *Avengers*. With streaming everywhere there is just a big wave of movies flooding around and you have no impact."

"The market is dead," he adds,

"you don't make any money anymore on movies because the DVD and Blu Ray market worldwide has dropped 80 per cent in the last three years. That is the real reason; I just cannot afford to make movies."

"I can't go back to student filmmaking because I have made so many movies in my life, and I can't make cheaper and cheaper movies at my age. It's a shame. I would be happy to make movies but it is just not financially profitable."

Boll says he's been self-financing his films for over a decade.

"I never had people giving me money," he says.

"I've been using my money since 2005 and if I hadn't made the stupid video game based movies I would never have amalgamated the capital so I could say, 'Let's make the *Darfur* movie.' I don't need a Ferrari, I don't need a yacht. I invested in my own movies and I lost money."

He may have gone in the hole

on films like *Attack on Darfur* and *Assault on Wall Street*, but he's proud of their grit and realism.

"It's way better than *Wall Street 2* by Oliver Stone," he boasts. "It's better researched, it's better written, it's better, but it doesn't have Michael Douglas."

He says his movies are concrete, as they portray "real issues."

"It's not *Jason Bourne* or any bulls— movie where they make stuff up. My movies are real."

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FILMMAKER

McGregor's directorial debut came by chance

The path to Ewan McGregor's feature directorial debut was a long, winding one beset with bouts of insecurity — and a roadblock by a Quebec filmmaker.

The Scottish Trainspotting star says *American Pastoral*, out Friday in Toronto and Vancouver, isn't the first feature he wanted to direct.

He previously targeted Alessandro Baricco's novel *Silk* for an adaptation, but it was ultimately directed by Montreal's François Girard.

After eyeing another film that also didn't work out for him to direct, McGregor eventually came to helm *American Pastoral* after a few pre-production hiccups.

McGregor first signed on to only star in the family drama, which is based on Philip Roth's Pulitzer Prize-winning novel.

He plays a successful 1960s business owner married to a former beauty queen, played by Jennifer Connelly, in Newark, N.J. Their seemingly idyllic family crumbles when their

daughter, played by Dakota Fanning, becomes involved with a violent movement against the Vietnam War.

McGregor said the key cast was set but they couldn't nail down a director. His agent pushed him to take on the role.

"I just saw it as an amazing story and I would much rather be tackling something complicated and interesting with my first movie than something banal and silly."

THE ASSOCIATED PRESS



American Pastoral director
Ewan McGregor. CONTRIBUTED



Dakota Fanning, who co-stars in the upcoming drama American Pastoral, says getting behind the camera as a director is something she's becoming ready for. CONTRIBUTED

'60s radical a complex role

FILM

Actress plays radicalized teen in *American Pastoral*

Steve Gow
For Metro Canada



Most child actors struggle to grow up in such a cutthroat business as Hollywood. Many wind up cast aside, forgotten and jaded. Not Dakota Fanning.

"I still enjoy the process of making films more than anything in my life," insisted the 22-year-old actress recently at the Toronto International Film Fest.

"Because I did start out so young, I think I've been able to maintain, not a childlike perspective, but I still come to the process with a real enthusiasm and that hasn't gone away."

It's certainly refreshing to not only find someone so upbeat about Hollywood, but to still be as enthusiastic about their future prospects.

For Fanning, that includes her upcoming acclaimed drama *American Pastoral*, in which she plays a teenaged daughter who disappears after becoming radicalized in the social upheaval of the '60s until her father (Ewan McGregor) discovers her years later.

"This character is kind of a once-in-a-lifetime role and this

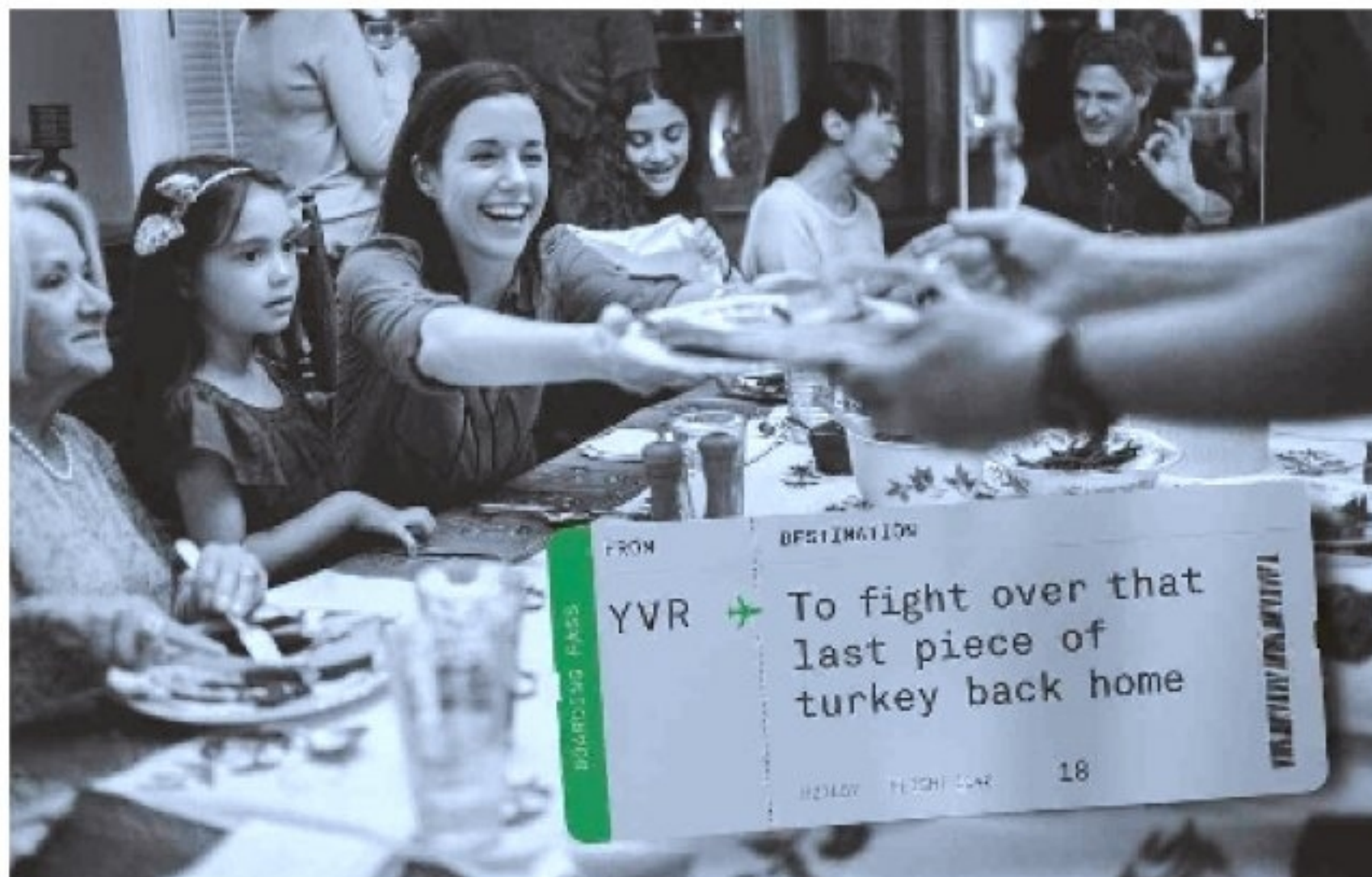
sort of complex role doesn't come along very often, so I was in no matter what," said Fanning of Ewan McGregor's directorial debut. "For me it's just about the role itself (and) this one is set during a very tumultuous time and there's definitely a lot to explore there."

While Fanning was involved before McGregor climbed into the director's chair, she was still struck by the actor's debut. And having worked with Hollywood's greatest auteurs — from Steven Spielberg (*War of the Worlds*) to the late-Tony Scott (*Man on Fire*) — she certainly speaks from experience.

"The best directors have an understanding of actors. He definitely has a deeper understanding because he is one," said Fanning of McGregor. "He's just such a great guy and being a director in general, you are required to balance being in control and being decisive and at the same time, being collaborative and respectful of everyone's ideas and that's where he excelled — he completely had that balance."

With over 16 years in showbiz, Fanning has surely earned an education in filmmaking. In fact, while she stops short of admitting she has any projects in the works, she isn't looking too far ahead to get behind the camera herself.

"That's a definite for me," said Fanning. "Being a director is something that I'm becoming ready for and it's something I'd really like to do."



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Cobie Smulders packs a punch



Cobie Smulders says the days on the Jack Reacher set were intense, but she would remind herself of what real-life women in the military go through to find the inspiration. CONTRIBUTED

INTERVIEW

Actress trained hard to play military woman in Jack Reacher

Richard Crouse
For Metro Canada



Cobie Smulders has been in action movies aplenty, but she's rarely part of the action. That changes in Jack Reacher: Never Go Back.

Opposite Tom Cruise, Smulders plays Major Susan Turner, a decorated soldier accused of espionage. To prove her innocence she teams with Jack Reacher in a battle for the truth.

"I was really excited about doing some action scenes," says the Canadian born actress who played former director of the planetary intelligence service S.H.I.E.L.D. Maria Hill in various

Avengers movies as well as on television.

"I'd done some quote, unquote action movies before, through The Avengers and the Marvel Universe. I'd be part of some of their stuff but I missed out on most of the fun fight sequences.

"Jumping on this, I knew I would get to do more fighting, hands on, rather than standing next to the superheroes while they do all the fighting."

She has more than her share of up-close-and-personal battle sequences, bare knuckling her way through the story at a break-neck pace, but were the scenes as fun to shoot as she thought they would be?

"That's a great question because sometimes they are not," she laughs. "They are quite technical and they can drag on. When it is fast and intense, they're really fun because it's like an adrenaline rush.

Smulders, who will next be seen in the action comedy Why

We're Killing Gunther opposite Arnold Schwarzenegger, says the scenes helped her performance.

"For me all the training and all the fighting helped me get into the character," she says.

"There were days when I would push past breaking points and think, I can't take this anymore, and then I would go further.

"It got easier and easier. It was really painful at first but I always kept that in the back of my mind, what this woman would have had to go through, and what women and men in the military have to go through.

"She's a woman we say has graduated Ranger School.

"When we started shooting the movie that hadn't happened yet; no women had graduated from Ranger School.

"Then during the shoot the first two women graduated. If I am playing a woman who can endure that type of training, then this should be like a piece of cake, what I'm doing on set."

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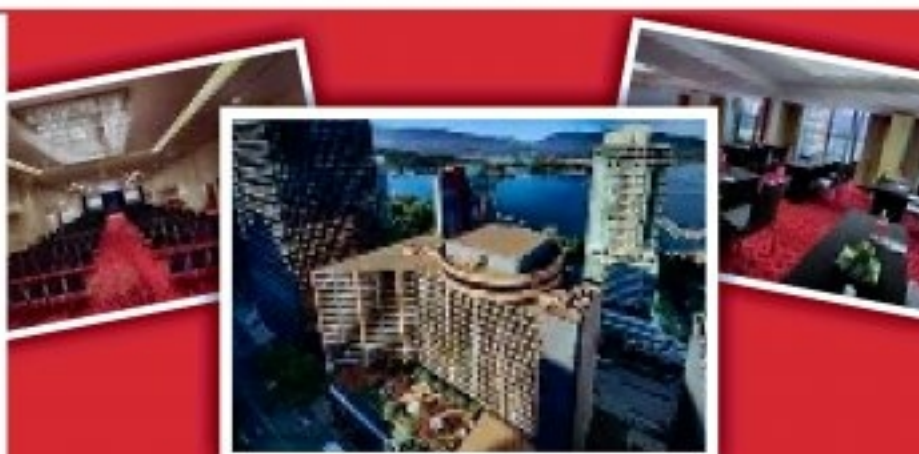
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A Nasty boost



MOCKING CLINTON SONG STREAMS UP 250 PER CENT SINCE DEBATE Donald Trump's labelling of Hillary Clinton as "such a nasty woman" during the final presidential debate has given a boost to Janet Jackson's 1986 hit, *Nasty*. Spotify says streams of *Nasty* are up 250 per cent, though the company wouldn't release specific numbers. Trump made Wednesday night. Some Twitter users are having fun with the comment. One video being shared features Jackson's video for the song with Clinton's face crudely pasted over top of the singer's. It references the song's lyrics with the note, "It's Hillary. Madame President If You're Nasty."

THE ASSOCIATED PRESS, FILE PHOTO BY CHRIS PIZZELLO/INVISION/AP

GROOVY HIT

Bruno Mars sure can party

While the world was busy dancing to Bruno Mars' *Uptown Funk* at the top of 2015, the singer was partying in the studio and creating his latest groovy hit.

The Grammy-winning star said in an interview with The Associated Press he wrote *24K Magic* around the time *Uptown Funk* topped the Billboard Hot 100 chart last year. *24K Magic* debuted at No. 5 on the Hot 100 chart this week.

The new party anthem was launched with a music video to match its celebratory flavour. So far, it's racked up more than 46 million views on YouTube.

"You want to kick the door down instead of politely say, 'Hey guys, check this out.' So I think that was the whole objective — to make sure the visual came with the song so people can know, 'When we wrote this, this is what we felt like,'" Mars said. "When I'm performing, this is what I want you to feel like. Hopefully everyone's partying with us."

Mars performed the song,



Grammy Winner Bruno Mars MATT SAYLES/INVISION/AP

his 13th Top 10 hit on the Hot 100 chart, on Saturday Night Live last weekend. The tune comes after the massive success of *Uptown Funk* with Mark Ronson, which recently hit RIAA diamond status and won two Grammy Awards this year, including record of the year.

24K Magic is the first single

— or invitation to the party as Mars puts it — for his third album of the same name, to be released Nov. 18. Two days later, he'll open the 2016 American Music Awards with a live performance.

The singer-songwriter-producer says when he first came up with the treatment for the video, which features his signature dance moves, playful band and colorful fashion, he overthought it.

"For weeks and weeks and weeks, I wanna say a year, I was thinking about what the video's going to be ... how are we going to distance it from the other videos I've done and do something special. And every time I came up with a concept it wasn't what the song (was about). The song sounds like a party. So it was like, 'Don't try to go against the grain,'" said Mars, who co-directed the clip.

When the pop star was in Las Vegas, a light bulb turned on. "I was like, 'This is what we got to do. Fly the guys down. Turn the camera on.'" THE ASSOCIATED PRESS

With lush rainforests and mountainous terrain, Saint Lucia is a beauty of an island that still manages to feel like a hidden gem of the Caribbean. Pack a swimsuit plus something for motion-sickness – there are so many switchback roads through the mountains, it's enough to make even the steadiest person's head spin – and you're all set for a tropical getaway to this island treasure where you can go all out or vacay more moderately.

KAREN KWAN FOR METRO



Soaking in St. Lucia

Stay

While the ultimate splurge on accommodations in Saint Lucia would be the eclectically designed **Jade Mountain** (shown above), where spacious suites feature only three walls – in place of the fourth is an infinity pool and view of the Pitons – book at its sister resort, **Anse Chastenet**, where the rooms have a folksy appeal and (bonus!) you're closer to the beach. At **Stonefield Estate**, you'll be blessed with an even closer view of Petit Piton from your villa and spectacular sunset views.

Sweat

Devour in local foods such as saltfish, bakes and starchy provisions (not to mention swigging rum from **Saint Lucia Distillers Chairman's Reserve**) guilt-free when you work up a sweat hiking with a guide to the peak of **Gros Piton**, which stands 2,619 feet above sea level. For a much less strenuous but almost as rewarding view, the easy stroll along the **Tet Paul Nature Trail** will reward you with top-notch vantage points of both iconic volcanic mountains.

Swim

Nestled between the Pitons, **Sugar Beach, A Viceroy Resort**, is one of the most stunning spots to swim in Saint Lucia, which is where Matt Damon and his wife rented out to renew their vows. Not a guest of the Viceroy? Not a problem. **All beaches in Saint Lucia are public**, so you're permitted to access this beach through the posh property.

Soak

At the luxurious **Kai Koko Spa at Ti Kaye Resort**, set on a cliff with expansive views of Anse Cochon below, detox with the spa's signature 90-minute **Get Dirty Sulphuric Mud Wrap** that'll help reinvigorate you while protecting your skin. Or, DIY alongside locals at the **Sulphur Springs near Soufriere**, at the mud baths where you soak in the natural, open-air hot water pool (which reaches 38C), slather yourself with mud, let it dry, then another hot water soak, and finally a quick rinse in the shower (tip: BYO towel).



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Culture is on the walls in Montreal

QUEBEC

City is turning into a work of art with new installations

Chris Lackner
For Torstar News Service

As I savour every last morsel of my melt-in-your-mouth tuna tartare, Mozart, Marilyn Monroe, James Dean and Darth Vader all seem to eye my plate hungrily.

Their images are splattered across the walls of Être Avec Toi (E.A.T.) in W Montreal hotel, along with the likes of hockey legend Maurice "The Rocket" Richard, Batman and Mr. T.

It's an impressive list of regulars. Who knew Montreal would be able to deliver my dream din-

ner party? But that's the magic of a city steadily becoming a living, breathing work of art. Through the likes of murals and new multimedia installations, all of Montreal seems to be a canvas.

There's no place that demonstrates that better than E.A.T. The wall art, from deviant wildlife to pop-culture mash-ups, was created by a who's who of famous graffiti and street artists.

Arthur Gaillard, artistic director of MASSIVart, the creative agency behind the decor, calls it "street-art inspired." Beyond minor space and colour constraints, each artist was free to follow their muse. "The history of Montreal street art is found in here," Gaillard says, noting MASSIVart aims to make art more accessible to the broader public.

Montreal's annual MURAL festival takes that same attitude to the city's walls. The 2016 edition included new murals from local E.A.T. contributors like Stikki Peaches, and international artists like Israel's Klon Yourself, New York's Buff Monster and England's D'Face. André Bathalon, co-founder of MURAL, says the fest has produced nearly 20 new murals each year since 2013, and maintains a growing legacy of over 50 permanent pieces on



Arthur Gaillard (left), artistic director of MASSIVart, the creative agency behind the graffiti-esque decor at E.A.T. restaurant in W Montreal hotel, calls it "street-art inspired." PROVIDED

Montreal's walls. They even employ a repair artist for touch-ups.

"Once the party is over, the art stays on the wall," he explains. "The murals become landmarks or beacons. This is art tourism, a walk of discovery."

The murals are all found in the vicinity of Boulevard Saint-Laurent, which is closed to traffic for the June festival. The multi-storey murals pop out in unique ways depending on factors like sunlight, and your angle.

From a mystical weeping woman, and a boy with a sling

shot aimed at the stars, to a jungle-themed old comic book cover, the murals feel like magical little windows in the urban landscape. Sidewalks are fair game, too. On one corner, I'm forced to step on the drawing of a giant, 25-foot long pink squid, his long tentacles reaching over the sidewalk and into a nearby sewer grate.

Bathalon says each mural has four lives, and is reinvented by the changing seasons — especially in the winter, when the snow sharpens the surreal colours. Citizens serve as de facto

guardians, fiercely protective of the imagery on their building or neighbour's wall.

In 2015, Montreal's murals earned it distinction as the first Canadian city to be added to Google's street art gallery. With over 150 local murals available, it joined Barcelona, Philadelphia and London as a public art wonder of the world. Montreal's new motto could be, "Come for the art, stay for the city."

Chris Lackner was hosted by Tourism Montreal, which didn't review or approve this story.



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5 AMAZING PLACES TO GOLF NEAR THE OCEAN

Pack the clubs, rent a car and hit the palm-tree lined highways for a golf vacation you'll never forget. Southern California offers it all for golfers — acclaimed courses that sit atop ocean-side cliffs and twist through dramatic valley landscapes, together with a prize collection of golf resorts. Here, five of my favourite SoCal golf retreats. **BRIAN KENDALL/FOR METRO** FOR MORE VISIT BRIAN'S WEBSITE AT CANADIANGOLFTRAVELLER.COM



1 Fairmont Grand Del Mar

Inspired by the palaces of Spain, the Fairmont Grand Del Mar is unrestrained in its opulence. Gold, marble and crystal flourishes are seen throughout a 249-room property set in the secluded Sorrento Valley north of San Diego. Foodies flock here to sample the French-influenced artisanal cuisine at Addison, one of California's premier fine dining restaurants. But for golfers the prime attraction is Grand Del Mar Golf Club, a brawny 7,160-yard design by the great Tom Fazio punctuated by dramatic shifts in elevation.



2 The Lodge at Torrey Pines

Set on seaside bluffs just north of the tony San Diego suburb of La Jolla, The Lodge at Torrey Pines overlooks the world-famous South and North Courses at municipally owned Torrey Pines Golf Course. It was on the South Course that a hobbled Tiger Woods famously clinched an epic come-from-behind victory over Rocco Mediate in the 2008 U.S. Open. Doormen wearing Scottish kilts greet visitors at a post-and-beam Craftsman-style resort where the 170 rooms are furnished with antiques. Between rounds, hike the scenic trails leading to nearby Torrey Pines State Beach and Reserve.



4 Monarch Beach Resort

Built at a cost of \$240-million, Tuscan-inspired Monarch Beach Resort overlooks a gorgeous stretch of coastline between Los Angeles and San Diego, in the upscale community of Dana Point. Amenities include stunning artworks, a private beach club and a spa. Just like at Torrey Pines, the Pacific Ocean views are endless. Architect Robert Trent Jones, Jr. deftly positioned the tight fairways and rolling greens at Monarch Beach Golf Links to take full advantage of the magnificent setting.



3 Omni La Costa Resort and Spa

Almost as famous as Torrey Pines, Omni La Costa Resort and Spa features two recently renovated parkland-style layouts, Champions and Legends, that together have hosted 37 PGA Tour events. Nestled in coastal foothills about a 25-minute drive north of downtown San Diego, the 611-room Spanish-colonial style property is home to the fabulously refurbished Spa at La Costa. And offering treatments of a more spiritual nature is the Chopra Center, where wellness guru Deepak Chopra's body-mind healing techniques point golfers toward enlightenment—and, possibly, a smoother backswing.



5 Rancho Bernardo Inn

A lushly treed and wonderfully comfortable retreat in north San Diego, Rancho Bernardo Inn is an ideal home base for excursions to the San Diego Zoo and other local attractions. The 287 guest rooms at the two-storey adobe-style resort feature fire places and balconies overlooking either the gardens or a parkland-style golf course that has hosted both PGA and LPGA tournaments. Water hazards and bunkers are constantly in play at this brilliantly renovated course originally designed by William Francis Bell.

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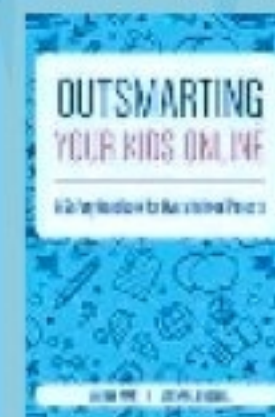


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NHL CANUCKS HANG ON TO BEAT SABRES Canucks centre Bo Horvat vies for control of the puck with Sabres right-winger Kyle Okposo at Rogers Arena on Thursday night. Jakob Markstrom stopped 26 shots and Daniel Sedin and Jannik Hansen provided the goals in a 2-1 win for the Canucks. JONATHAN HAYWARD/THE CANADIAN PRESS

IN BRIEF

Pens rally to beat Sharks in rematch of Cup final

Evgeni Malkin, Scott Wilson and Patric Hornqvist scored during a furious third-period rally to lead the Pittsburgh Penguins to 3-2 victory over the San Jose Sharks on Thursday night.

The Penguins trailed by two goals after two largely lifeless periods in a rematch of last June's Stanley Cup final before catching fire late. THE ASSOCIATED PRESS

Jetty in Fernandez's fatal boat crash to be probed

U.S. Coast Guard officials say they'll examine lighting on the Miami Beach jetty involved in a boat crash that killed Miami Marlins pitcher Jose Fernandez and two other men last month.

THE ASSOCIATED PRESS

Nadal pulls plug on season to heal hurting left wrist

Rafael Nadal is cutting short his season so he can recover from a left wrist injury.

The 14-time Grand Slam champion said Thursday he is still bothered by the injury that kept him out of action for more than two months this season and wants to treat it properly before coming back in 2017.

THE ASSOCIATED PRESS

Pogba breaks out for brace

Paul Pogba cast aside criticism of his recent performances by delivering a reminder of his talent on Thursday, scoring twice in Manchester United's 4-1 win over Fenerbahce in the Europa League.

THE ASSOCIATED PRESS

Cubs inch closer to World Series berth

MLB PLAYOFFS

Chicago will have a chance to put away L.A. at Wrigley

Jon Lester pitched seven sharp innings, Addison Russell hit a tiebreaking homer and the Chicago Cubs moved one win from their first World Series trip in 71 years by beating the Los Angeles Dodgers 8-4 on Thursday.

The Cubs grabbed a 3-2 lead in the National League Championship Series and will have two chances to wrap up that elusive pennant back home at Wrigley Field.

The first comes Saturday night in Game 6, when Dodgers ace Clayton Kershaw faces major-league ERA leader Kyle Hendricks.

Emerging star Javier Baez was in the middle of everything for the Cubs, a common theme this October. The second baseman made a sensational defensive play when the game was still close in the seventh, and his three-run double capped a five-run eighth that made it 8-1.

After busting out of his post-season slump Wednesday, Russell hit a two-run homer for the second straight game. This one was a sixth-inning drive



Addison Russell, right, of the Cubs celebrates his two-run home run with Javier Baez on Thursday night in Los Angeles. JOSH LEFKOWITZ/GETTY IMAGES

GAME 5 In Los Angeles



off losing pitcher Joe Blanton that gave Chicago a 3-1 lead.

By winning consecutive games in Los Angeles, the Cubs took control of the best-of-seven series after getting shut out in Games 2 and 3.

Of course, there's no need to remind longtime fans that the Cubs were in the same favourable position 13 years ago — heading home to Wrigley Field

with a 3-2 lead in the NLCS.

But even with ace pitchers Mark Prior and Kerry Wood starting the final two games, Chicago collapsed against the Marlins in one of its most excruciating failures.

More than a decade later, the franchise is still chasing its first World Series championship since 1908.

THE ASSOCIATED PRESS

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Seahawks need to walk before they fly

NFL

Seattle's famous running game hit by injuries, loss of Lynch

The standard in Seattle has been that the Seahawks are going to be among the better teams in the NFL at running the football. Except this year. And it's not as simple as Marshawn Lynch no longer being around.

Going into Sunday's game against division rival Arizona, the Seahawks are near the bottom of the league in a number of rushing categories. Seattle is 25th in the league averaging just 88.8 yards per game and 30th in yards per attempt at just 3.2. They are very un-Seahawks-like numbers.

"We're OK. We just need more emphasis added, we just need more turns," coach Pete



Russell Wilson has been slowed by injury but the Seahawks' are still off to a 4-1 start in 2016. STEVE DYKES/GETTY IMAGES

Carroll said. "We need to run it more. We just need more numbers."

There are a number of reasons that Seattle's run game is off this season, from a revamped offensive line to presumptive starting running back Thomas Rawls being limited in the season open-

er then suffering a hairline fibula fracture in Week 2. He won't be back for a few more weeks. Christine Michael is Seattle's leading rusher with 354 yards, but 106 of those yards came against San Francisco in Week 3. The biggest culprit in derailing the run game could be Russell Wil-

son. Or, more specifically, a combination of the ankle and knee injuries that have slowed Wilson early in the season.

Through five games, Wilson has just 35 yards rushing and no run longer than 9 yards.

Compare that with the first five games of previous years and it's clear what's lacking. Through five games last year, Wilson had 198 yards rushing. In 2014, it was 221 yards on the ground. And in 2013, Wilson had 233 yards rushing.

The running threat usually posed by Wilson simply has not been there this season and the trickle-down is affecting the rest of Seattle's run game.

"It's a different run game that we're using right now," offensive co-ordinator Darrell Bevell said. "It's still a part of us, it's still something that we've always had, just the zone read part of it is not been used as much as we've gone to other styles of runs."

THE ASSOCIATED PRESS

NFL IN BRIEF

Beckham back in training

New York Giants wide receiver Odell Beckham Jr. returned to practice on Thursday and hopes to play against the LA Rams this weekend in London, England.

Beckham, 23, missed Wednesday's workout because of a hip pointer sustained in Sunday's 27-23 win over the Baltimore Ravens at MetLife Stadium.

THE ASSOCIATED PRESS

McCoy a doubt to face Miami

LeSean McCoy was healthy enough to at least watch part of practice from the sideline Thursday, though it's unclear whether the Buffalo Bills top offensive star will face Miami on Sunday.

A person with direct knowledge of McCoy's injury said the Bills running back is "a game-time decision."

THE ASSOCIATED PRESS

PLAY Yesterday's Answers

from your daily crossword and Sudoku

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G	I	L	E			R	C		A	L	O	V	E
C	N	E	R		I	S	V					E	R
					S	C	A	M	I	C			

RECIPE Waffled Avocado Grilled Cheese



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This avocado and cilantro mash with stretchy Monterey jack cheese gets the perfect grill when given the waffle treatment. Get ready for maximum gooeyness.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 2

Ingredients

- 4 slices of whole grain bread
- butter
- 1/2 avocado
- small handful of fresh cilantro
- salt
- 1/2 cup shaved Monterey Jack

cheese

Directions

1. On a cutting board, lay out bread slices. Spread butter on one side of each slice of bread.

2. In a small bowl, mash avocado, cilantro and salt to taste. Spread a heaping tablespoon of avocado mix on two slices of bread and sprinkle with cheese. Add cheese to the other plain slices of bread.

3. Place grilled cheese in waffle maker and cook according to machine's directions for a waffle. Repeat for the second sandwich.

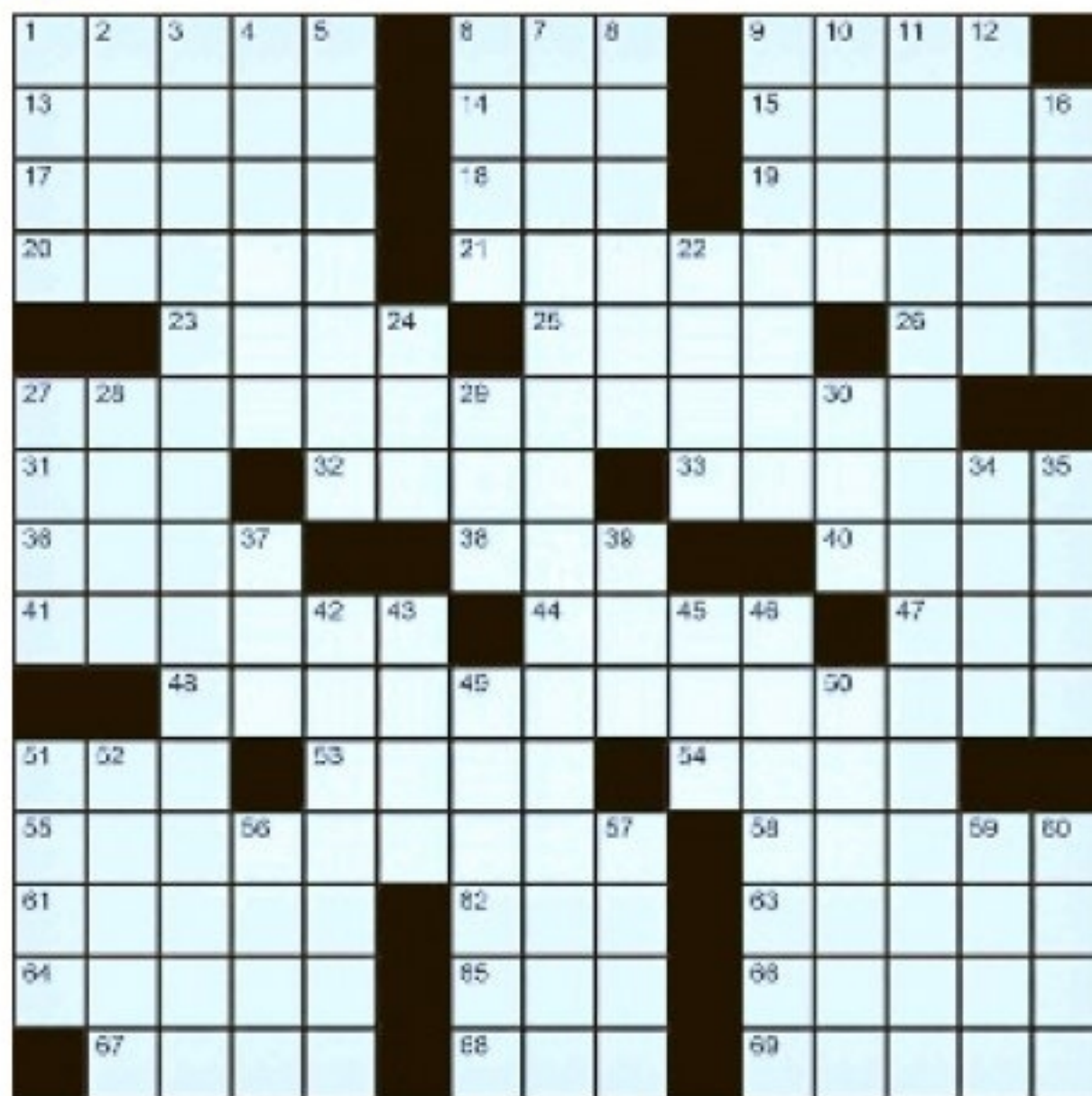
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BY KELLY ANN BUCHANAN

ACROSS

1. Singer/actress Ms. Moore
6. Brad's ex, briefly
9. LA photographers
13. 2004 Green Day album, 'American ___'
14. Scottish 'no'
15. Pontificate
17. Boomtown Rats' ___
18. Utmost degree
19. Legendary ballet company
20. Ancient Greek colony
21. Dita Von Teese's theatrical specialty
23. Agitate
25. Rivers, in Mexico
26. Website
27. With all of a person's possessions: 3 wds.
31. California baseball team [acronym]
32. Go by yacht
33. Lazy Daisy, in embroidery
36. Arm drawings, commonly
38. Graduate's degree, e.g.
40. Stage musical, Man ___ Mancha
41. Bundles
44. Cow's offspring
47. Speed ___
48. Ottawa: The Library of Parliament, also known as 'Canada's Most ___'
51. Horiz.
53. 2002 Literature Nobel Mr. Kertész
54. North Pole laugh: 2 wds.
55. The carved wood panelling of The Library of Parliament is



made from what type of tree?: 2 wds.
58. Supercharger
61. Inert gas
62. John Fogerty's gr.
63. Smug-looking grin
64. Like a lotus position

65. Powder ___
66. Al Capp's 'Li'l' creation
67. France: Mediterranean resort
68. Initials-sharers of Gloria's portrayer on 'All in the Family'
69. Eva and Zsa Zsa's sister

DOWN

1. Nero's 1003
2. Vegetable stand selection
3. Vancouver landmark crossing the Burrard Inlet: 3 wds.
4. Madonna's 'La Isla ___'
5. Gains

6. 'The Brady Bunch' actress, ___ Davis
7. NSERC = ___ and Engineering Research Council of Canada
8. Yankees legend Lou
9. Stokes the fire logs: 2 wds.
10. Mr. Onassis'

11. Oak, Cherry and Walnut... That upon which visitors to #48-Across studiously walk: 2 wds.
12. England: Canterbury's river
16. Mr. Knievel
22. Records
24. Nutritional suggested amount [acronym]
27. Sandwiches, e.g.
28. 'I get it nooooow!'
29. Diner's shirt protector
30. Acqua Di ___ (Armani fragrance)
34. Muse of history
35. 'Mad Men' star Jon
37. Mailing encl.
39. Eatery, e.g.
42. Tin-glazed earthenware
43. ___ pumps, as in basements
45. 'I ___ Ya Papi' by Jennifer Lopez
46. Ship's unsunken remains
49. Fools
50. It's called the 'Dance of Romance'
51. Wonky
52. 2004 Alanis Morissette album: 'So-Called ___'
56. Easy! There's nothing ___!
57. Work units
59. Born and ___
60. Pod vegetable

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next four weeks, you will be intense! In particular, you will want to tie up loose ends regarding shared property, taxes, debt and inheritances.

Taurus April 21 - May 21
The Sun is opposite your sign for the only time all year during the next four weeks. This means you need more rest. You also will have a strong focus on partnerships and friendships.

Gemini May 22 - June 21
Do whatever you can to get better organized in the next four weeks. You want to feel confident, on top of your scene and smart!

Cancer June 22 - July 23
Lucky you! The next four weeks are perfect for a vacation. They also are the time for sports events, socializing with others, flirting and having fun with your main squeeze.

Leo July 24 - Aug. 23
Now your attention will turn to home, family and your private life. Your interaction with a parent during the next few weeks could be significant.

Virgo Aug. 24 - Sept. 23
Fasten your seatbelt, because the next four weeks are busy! You've got things to do, places to go and people to see! Take a short trip.

Libra Sept. 24 - Oct. 23
Money, wealth, assets and possessions will be your focus in the next four weeks. Look for ways to boost your income because they exist.

Scorpio Oct. 24 - Nov. 22
The Sun is in your sign for the next four weeks, boosting your energy and giving you a chance to recharge your batteries for the rest of the year. Go, go, go!

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes for the next four weeks while you plan your new year (birthday to birthday) ahead. Any ideas?

Capricorn Dec. 22 - Jan. 20
Your popularity will soar in the next four weeks because you want to interact with friends and groups. This is a good time to share your hopes and dreams for the future with others.

Aquarius Jan. 21 - Feb. 19
The Sun will be at the top of your chart for the next four weeks, casting a flattering light on you. You look good to bosses, parents and VIPs!

Pisces Feb. 20 - March 20
Try to travel in the next four weeks because you need to get outta Dodge. You want to explore more of the world to learn something new!

CONCEPTIS SUDOKU by Dave Green

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54779A

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55038A

2012 MAZDA 5

AUTOMATIC, AIR CONDITION,
WELL EQUIPPED!

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LS, FWD, AUTO, ONLY 61000 EASY KM!

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ALL WHEEL DRIVE, AUTO, LOW, LOW KMS!

\$17,987 \$156 B/W



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4X4, AUTO, AIR CONDITION, LOW KMS!

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54952A

2014 FORD ESCAPE

FRONT WHEEL DRIVE, AUTO, A/C,
LOW, LOW KMS!

\$18,971 \$164 B/W



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2012 CHEVY COLORADO

REG CAB, CANOPY, BUILT IN SHELVES,
51000 KM!

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55001A

2012 VW TIGUAN

4MOTION ALL WHEEL DRIVE, MOONROOF,
LOW KM

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54792A

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